

Chickpea and Cauliflower Braise

A delicious immune boosting plant-based dish, comfort food at its best.

INGREDIENTS

- Half of 1 small cauliflower – trimmed into small florets
- 2 tbs olive oil
- Thumb sized piece of fresh ginger – grated
- 4 cloves of garlic – crushed
- 1 large brown onion
- 1 can of cooked chickpeas
- 1 can coconut milk or cream
- 2 tspn GUNPOWDER spice blend
- 1 tbs ground Turmeric
- Fresh curry leaves, red chillies, coriander, crispy shallots, crispy chickpeas and natural yoghurt to garnish
- HOT SPRINKLER as an additional seasoning if more heat is required
- Flat breads or plain basmati rice to serve

DIRECTIONS

1. Heat 1 tbs in a large sauté pan over a low heat. We like a cast iron pot with a lid for this dish. Place the cauliflower florets into the pan and sauté until golden, and just soft. Sprinkle over 1-2 tsp of the GUNPOWDER rub, Toss well to combine, and set the cauliflower aside.
2. Add the other tbs of oil to the same pan and sauté the onion until golden and soft, add the chickpeas (reserving a few to garnish with later) , garlic and ginger and keep on cooking until the chickpeas soften. You can add the curry leaves to the pan at this point if you have them.

3. Add the turmeric and another 1- tsp of GUNPOWDER , toss everything around so the spices coat everything and then add can of coconut milk/cream. Stir well, bring to the boil, put on the lid and simmer for 20 minutes or so. Stir every little while.
4. Remove the lid and bash with a potato masher a couple of times, this will break up a few of the chickpeas. Stir and add the cooked cauliflower to the pan, Stir again, and season with salt and white pepper. You can add more coconut milk or a little water if you want a soupier consistency.
5. Crisp up the chickpeas you have set aside in a small pan with a tiny bit of oil. Season with GUNPOWDER
6. Ladle into bowls and garnish with natural yoghurt, the crispy chickpeas, crispy curry leaves, sliced fresh red chili, crispy shallots or garlic, if you need More heat try a dash of our HOT SPRINKLER
7. This dish is very easy to add to your own personal taste, I sometimes like to add some little cherry tomatoes or even some hearty greens.
8. Use the cauliflower trimmings to make cauliflower rice or soup.