

RECIPE

Red cabbage, cauliflower & coconut dhal



Ready in **1 hour 30 minutes**

Serves **4**

Tags

Leftovers, Vegan, Gluten Free

Ingredients

- 1 small cauliflower , broken into small florets
- 2 tbsp rapeseed oil
- 1 onion , finely chopped
- 200g red cabbage , sliced
- thumb-sized piece of ginger , peeled and grated
- 2 garlic cloves , crushed
- ½ tsp chilli powder
- ½ tsp turmeric
- 1 tsp garam masala
- 1 tsp black mustard seeds
- small handful of curry leaves
- 300g split red lentils
- 1.25 litres hot low-salt vegetable stock
- 1 lime , juiced
- 2 tbsp coconut flakes, toasted
- coriander leaves and chopped chilli, to serve (optional)

Preparation

1. Heat the oven to 180C/160C fan/gas 4. Toss the cauliflower, 1 tbsp of the oil and some seasoning in a roasting tin. Roast for 25-30 mins, then set aside.
2. Heat the remaining oil in a large saucepan and add the onion and cabbage. Fry gently over a medium heat for 10 mins. Add the ginger, garlic, spices and curry leaves and fry for 2 mins. Stir through the lentils and most of the cauliflower. Pour over the stock, bring to the boil, lower to a simmer and cook uncovered for 40 mins. Stir through the lime juice and season to taste. Ladle into bowls, top with the remaining cauliflower, toasted coconut and coriander and chilli, if using.

Tips

This recipe is perfect for leftover red cabbage and cauliflower. Don't compost cauliflower leaves either - they are delicious roasted!