



Cauliflower, Sweet Potato & Chick Pea Curry

INGREDIENTS

1 lg (1000g/35oz) Cauliflower
5 c (523g/19oz) Sweet Potato, cubed
2-3 med (431g) onions (half diced 1.5c/half large cubes 1.5c)
2 29 oz cans of Chick Peas
1 Qt Vegetable Stock or water (I used the water I cooked the cauliflower/potatoes in)
2 13.5 oz cans Coconut Milk
1/2 c oil
100g ginger 5-6 t grated, rest sliced
2t turmeric
2.5 t cumin
3 t cumin seeds
3 t rounded curry
1/2 t red pepper flakes (add more if you want more heat)
4-5 t salt
1 c Aquafaba (chick pea liquid)
2 heaping T tomato paste

INSTRUCTIONS

1. Prepare all the vegetables: Break cauliflower into large florets. Peel and cut sweet potatoes into cubes. Dice and slice onions, grate and slice ginger so you have everything ready. You can also measure out all the spices to have ready to go.
2. In salted boiling water, cook both cauliflower & potatoes until semi soft. Not mushy. Using a large slotted spoon, or spider strain and place on a baking tray or bowl to let cool. If you don't have stock, then reserve the water to replace stock.
3. Meanwhile, sauté diced onions in oil with salt until soft, approx. 10-12 minutes.
4. Add all the spices and ginger and let toast together 3-4 minutes.
5. Add tomato paste, let lightly brown then add cubed onions and 1 c of aquafaba. Let this cook until softened for 5-7 minutes.
6. Add chick peas, stock, coconut milk to the pot and stir together and bring to a soft boil.
7. Cut the larger cauliflower florets into smaller bite sized pieces. Then add the cauliflower and sweet potatoes simmer to let all the flavors merge.