

# Quick Cauliflower Curry



## Ingredients:

- 1 small head of cauliflower, cut into 1-inch florets
- 2 tablespoons coconut oil
- 4 cloves garlic, chopped
- 2 jalapenos, seeds and pith removed, julienned
- Salt, to taste
- ½ teaspoon ground turmeric
- 2 teaspoons ground cumin
- ¼ teaspoon cayenne (or to taste)
- ½ cup chopped cilantro
- 1 inch ginger root, finely grated
- ½ cup diced tomatoes (fresh or canned) and their juices
- 1 tablespoon lime juice

## Instructions:

1. Parboil the cauliflower pieces for two to three minutes. Drain and set aside.
2. Meanwhile heat the coconut oil over a medium high flame in a wok or a wide saute pan. Add the garlic and saute until it starts to color. Add the cauliflower florets and the jalapenos. Sprinkle with salt. Cook, stirring, for 1 minute.
3. Add the turmeric, cumin, and cayenne. Cook, stirring to coat the veggies in the spices, about 1 minute. Add the cilantro, ginger, tomatoes, and lime juice. Stir to mix and bring to a simmer. Cover. Lower the heat to medium low.
4. Simmer, stirring gently once or twice, for about 10 minutes or until the cauliflower is just soft. Taste for salt. Serve with lime wedges as a side or as a main dish with brown basmati rice.