



Broccoli & Cauliflower Curry



4 servings



30 minutes

INGREDIENTS

- 1/2 Broccoli
- 1/2 Cauliflower
- 3 Small Onions
- 2 Tomatoes
- 3 Garlic Cloves
- 1 tsp of Turmeric
- 1 tsp of Ground Corriander
- 1 tsp of Ground Cumin
- 3 Bay Leaves

NOTES

For extra spice, add chilli flakes.

Cook your own flatbreads using self raising flour + greek yogurt.

DIRECTIONS

1. Cut the cauliflower and broccoli into small florets.
2. Peel & chop the onions finely
3. Chop the tomatoes finely
4. Peel & grate garlic
5. Measure all your spices and place into a small bowl
6. Add 2 tbsp of oil to a frying pan, heat the oil and add garlic & onion. cook until translucent.
7. Add the tomatoes and all the spices. cook until the oil separates.
8. Add the broccoli and cauliflower, stir until everything is coated.
9. Put a lid on the pan & allow the veg to steam until cooked. Keep checking so it doesn't stick.
10. Serve with boiled rice or a flatbread.



Recipe Notes