

SPLIT PEA AND CAULIFLOWER CURRY

Essentially this is a dhal, but I've put my own stamp on it by bulking it out with cauliflower. There are hundreds of different regional variations of dhal. I use coconut milk in mine, so it's similar to a Sri Lankan version. Dhal can be made with a variety of pulses, not just lentils, so I've added split peas as they give a beautiful creamy result. Serve as is or as a side to a curry banquet.

SERVES: 4 **PREP:** 10 MINUTES **COOK:** 35 MINUTES

200 g (1 cup) yellow split peas
1 onion, chopped
salt flakes
½ head of cauliflower (350–400 g),
cut into small florets
270 ml canned coconut milk,
plus extra to serve, if desired
2 tablespoons coconut oil
1½ teaspoons ground turmeric
2 teaspoons cumin seeds
1 small green chilli, finely chopped
3 tablespoons crispy fried shallots
1 small handful of mint leaves

Place the split peas and onion in a large saucepan and cover with 1.5 litres of water. Add a good pinch of salt and bring to the boil, skimming off the impurities that rise to the surface. Reduce the heat and simmer for 15 minutes. Add the cauliflower and continue to cook for a further 15 minutes until the split peas are tender. Stir in the coconut milk and cook for 2 minutes until the curry has thickened.

Heat the coconut oil in a small frying pan over medium heat and add the turmeric, cumin seeds and most of the chilli. Cook for a few seconds until fragrant, then tip into the curry. Fold through, then check the seasoning and remove the curry from the heat. Scatter on the fried shallots, mint leaves and reserved chilli and serve drizzled with a little extra coconut milk, if you like.

✿ Serve with the flatbread on page 15 or some good-quality store-bought roti or naan, or steamed rice.

Use this vegetarian curry as a base for other vegetables. I love to add leafy greens, such as kale and spinach, or zucchini and broccoli. Make it your own and take the opportunity to use up any veggies in the crisper so they don't go to waste.



PANTRY STAPLES

Coconut milk
Coconut oil
Crispy fried shallots
Cumin seeds
Ground turmeric
Onion
Salt
Yellow split peas



SHOPPING LIST

Cauliflower
Fresh mint
Fresh small green
chilli