

Lentil & Cauliflower Curry

Yield: 5 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/cauliflower-lentil-indian-recipe>

Ingredients:

- 1 onion
- 3 garlic cloves
- ginger Thumb of
- 1 green chilli
- 2 teaspoons cumin
- 1 teaspoon Garam Masala
- 1/2 teaspoon chilli powder
- 1 teaspoon turmeric
- 1 teaspoon coriander
- 1 teaspoon canela
- 1 11/16 cups coconut milk
- 1 cup yellow lentils split peas
- 2 1/8 cups vegetable stock
- 1 head cauliflower
- juice a lemon
- coriander
- salt
- pepper
- coriander
- basmati rice
- coconut yoghurt
- mango chutney

Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 68 grams
3. Fat: 20 grams
4. Fiber: 19 grams
5. Protein: 17 grams

6. SaturatedFat: 17 grams
 7. Sodium: 620 milligrams
 8. Sugar: 20 grams
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