

# Roasted Cauliflower Curry

Yield: 2 min  
Total Time: 40 min

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

## Ingredients:

- 1 cauliflower medium, cut in bite sized florets
- 2 tablespoons olive oil
- 1 lemon juiced
- 1 red onion thinly sliced
- 1 cup tomato puree or 1 cup purée = 3 ripe tomatoes, diced, or one can of diced tomatoes
- 2 garlic cloves
- 1/2 teaspoon cumin
- 1/2 teaspoon dried coriander seeds parsley is a great alternative too. 1/2 tsp dried coriander seeds = 1/4 cup fresh parsley or 1 tsp dried
- 1/2 teaspoon red pepper flakes
- 1/2 teaspoon curry powder
- salt
- pepper
- 1/2 inch ginger peeled and grated, 1/2 inch = ca. 1.5 cm
- fresh coriander for garnishing, optional

## Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 42 grams
3. Fat: 14 grams
4. Fiber: 14 grams
5. Protein: 11 grams
6. SaturatedFat: 2 grams
7. Sodium: 990 milligrams
8. Sugar: 15 grams

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