



CAULIFLOWER CURRY

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

1 tablespoon olive oil
1 onion, chopped
200g peeled and chopped butternut squash
4cm piece of ginger, peeled
1 red chilli
2 tsp ground turmeric
75g red lentils
900ml vegetable stock
1 cauliflower
1 large handful of kale leaves, finely chopped.

Optional to serve

Homemade naan bread

METHOD

1. Heat the oil in a large pan and cook the onion over a gentle heat with a pinch of salt for 8-10 minutes.
2. Add the butternut squash, the red chilli, ginger and turmeric and stir well.
3. Add the red lentils and 600ml of the stock.
4. Leave to simmer for about 20 minutes until the squash is soft.
5. Add the remaining 300ml of stock along with the cauliflower and leave for a final 10 minutes, adding the kale after 5 minutes.
6. Serve alongside the naan/flatbreads.