

# CAULIFLOWER, TOMATO & GREEN PEA CURRY

## Ingredients

1 cauliflower (florets)  
1 and a half cups fresh/frozen peas  
1 onion, thinly sliced  
1 tsp crushed garlic  
1 tsp grated root ginger  
4 tbsps olive oil  
 $\frac{3}{4}$  tsp turmeric  
1 tbsp Vindaloo paste  
1 tbsp ground coriander  
2 tsps sugar  
2 cardemoms, opened  
 $\frac{3}{4}$  cup plain soya yoghurt  
2 large tomatoes, cut in wedges

## Method

Cook cauliflower and peas. Fry onion, garlic and ginger in oil. Add turmeric, coriander, curry paste, sugar, cardemoms and yoghurt, and cook for 3-4 minutes. Add tomatoes, and cook 3-4 minutes. Add cauliflower and peas, and simmer 3-4 mins. Serve hot with rice.