MACE
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PROUDLY SUPPORTING OPERATION TRANSFORMATION 2021

RTÉ operation TRANSFORMATION

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Cauliflower & Potato Curry

Serves 2 (each serving contains approximately 440 kcal)

Ingredients

80g wholegrain brown rice
1 small onion
1 garlic clove
2cm piece fresh root ginger
1 small cauliflower
300g baby new potatoes
1 tablespoon rapeseed oil (15g)
2 teaspoons curry paste or powder
(10g)
200g tinned chopped tomatoes (½ a regular tin)
½ teaspoon tomato puree (2.5g)
5 tablespoons water (75ml)
3 tablespoons natural yoghurt (3% fat) (45g)
5g fresh coriander sprigs
salt (optional) and freshly ground black pepper

Method

Rinse the rice well in a sieve and then add to the pan with 250ml of water. Bring to the boil, then reduce the heat and cover with a lid. Simmer for 25 minutes without lifting off the lid, then turn off the heat and leave to sit for another 10 minutes for perfectly cooked rice (or cook to packet instructions).

Peel the onion, then cut in half and finely chop. Peel and grate the garlic and ginger. Trim the cauliflower and cut or break into small florets — you'll need about 350g once trimmed. Cut the potatoes into halves or quarters depending on their size.

Heat a wok or large frying pan over a medium heat. Add the oil and sauté the onion and garlic for 6-8 minutes until golden brown.

Stir in the curry paste or powder and cook for another minute, stirring. Add the tomatoes and tomato puree with the water. Stir to combine, then reduce the heat and simmer for 10-15 minutes until the sauce is so well reduced and thickened, stirring occasionally. Season lightly with salt (optional) and pepper.

Add the cauliflower and potatoes to the pan and slowly bring to the boil. Cover with a lid and then reduce the heat and simmer gently for 15-20 minutes or until all the vegetables are cooked through and tender.

Spoon the cauliflower and potato curry on to plates with the rice and add dollops of the yoghurt, then scatter over the coriander to serve.