



Ingredients

Curry Sauce

- 1 tsp (5 mL) coriander
- 1 tsp (5 mL) cumin
- ¼ tsp (1 mL) ground cloves
- 4 garlic cloves, peeled
- 1 tsp (5 mL) peeled and grated fresh gingerroot
- ½ tsp (2 mL) turmeric
- ⅛-¼ tsp (0.5-1 mL) cayenne pepper
- ½ cup (125 mL) water

Cauliflower Mixture

- 2 cups (500 mL) coarsely chopped onion

- 1 large cauliflower, cut into bite-size pieces (sliced yams and cubed potatoes can be added for variation) juice of 1 lemon
- 3 tbsp (45 mL) pistachio nut oil

Ingredients

1. Mix sauce ingredients in blender or food processor, or with a whisk, until well blended. Set aside.
2. Low heat saute onions in olive oil and 2 Tbsp (30 mL) of water until soft.
3. Add cauliflower or other vegetables.
4. Add sauce mixture and cook covered, on low heat, until cauliflower or other vegetables are tender but not soft.
5. Once cooked, remove from heat. Stir in lemon juice and pistachio nut oil.
6. Serve with brown rice, veggies, and plain yogurt.
7. Sprinkle with toasted sesame seeds.

Makes 4 servings.