

Spicy Cauliflower and Chickpeas with minted Yoghurt

Ingredients

½ large cauliflower

¼ cup plain flour

1 teaspoon ground cumin

1 teaspoon ground coriander

1 teaspoon curry powder

1 teaspoon ground fennel

1 teaspoon ground mustard seed

5 tablespoon Ghee

Salt

Yoghurt

Chopped mint and coriander to garnish

Method

Chop cauliflower into small florets and edible stems into slices.

Drain chickpeas and set aside on a paper towel to dry.

Mix flour and spices in a large bowl.

Pat the chopped cauliflower with a towel to make sure it is dry and toss it in the flour mix, coating it with spices.

Pour cauliflower into a sieve catching any flour/spice mix in a bowl.

Heat Ghee in a large frypan. Add cauliflower and fry over low heat for 10 minutes or until cooked.

Toss the chickpeas in the leftover flour/spice mix and add to frypan for a few minutes to heat through.

Shred mint and fresh coriander. Stir some of the mint into a bowl of yoghurt.

Place cauliflower and chickpeas in a bowl, garnish with mint and coriander and serve with yoghurt.