

Recipes and Tips



Cauliflower & chickpea pilaf

1 tbsp sunflower oil
2 large onions sliced
1 tbsp curry paste of your choice
200g basmati rice
350g cauliflower florets
400g can chickpeas
rinsed and drained
500ml vegetable stock
50g toasted flaked almonds
handful chopped coriander

Heat the oil in a large, non-stick pan and add the onions. Cook over a medium heat for 5 mins until starting to turn golden. Stir in the curry paste and cook for 1 min. Add the rice, cauliflower and chickpeas, stirring to coat in the paste.

Pour in the stock and stir. Cover and simmer for 10-15 mins until the rice and cauliflower are tender and all the liquid has been absorbed. Stir in the almonds and coriander, then serve.