



# Coronation cauliflower

Prep: 20 minutes • Cook: 40 minutes • Serves: 4



## Ingredients

1 large (up to 850g) cauliflower, separated into florets  
2 tablespoons medium curry powder  
1 tablespoon olive oil  
250g soya yoghurt  
20g sultanas  
20g coriander, chopped

## Flatbreads

200g plain flour  
20g parsley, chopped  
100ml water  
2 tablespoons olive oil  
Up to 1 tablespoon of oil to cook the flatbreads

## To serve

100g rocket or other salad leaves

## Nutritional info

Low phosphate ✓  
Low potassium ✓  
Low fat (less than 3g/100g) X  
Carbohydrate **62g**  
Low protein ✓  
Low salt ✓  
Cost per portion (December 2022) **£1.51**  
Energy in kcals **420**

- 1** Add the cauliflower to a saucepan and fill with water, bring to a boil and allow to boil for 3 minutes so it is still fairly firm. Drain and allow to cool slightly. Preheat the oven to 200°C / 180°C fan / gas mark 6. Put the cauliflower into a roasting tin and toss with two teaspoons of the curry powder and one tablespoon of the olive oil. Roast for 20 minutes.
- 2** While the cauliflower is cooking, mix the yoghurt with the rest of curry powder, sultanas, and half of the chopped coriander.
- 3** Remove the cauliflower from the oven and leave to cool for a little while. Once cooled, mix into the yoghurt mix.
- 4** To make the flatbreads, put the flour and parsley into a bowl and mix in the water. Add in the oil, mix to a dough, and then knead for five minutes.
- 5** Divide the dough into four pieces and roll it out on a floured surface. Heat a small amount of oil in a large frying pan and cook each flatbread for about two minutes on each side. Keep warm in a clean tea towel until ready to serve.
- 6** Serve the cauliflower, sprinkled with remaining coriander, with a flatbread and some salad leaves like rocket.