

Cauliflower and Sweet Potato Balti

Equipment needed –

Measuring spoons, grater, large saucepan, measuring jug, large saucepan, can opener, colander, juicer and 3 serving bowls.

Ingredients from the Garden –

- 2 onions
- 1 x 4cm piece of ginger
- 2 sweet potatoes
- 1 cauliflower
- 1 lemon, juiced
- Bunch of coriander, washed and finely chopped

Ingredients from the Pantry –

- 1 tablespoon of oil
- 1 teaspoon of sugar
- 1 teaspoon of cumin seeds
- 1 x 400 gram tin of tomatoes
- ½ teaspoon of turmeric
- ½ teaspoon of coriander
- 1 teaspoon of chilli powder
- 1 can of chickpeas

What to do –

1. Peel and finely chop the onions and finely grate the 4 cm piece of ginger.
2. Measure out 1 tablespoon of olive oil and place in a large saucepan over a medium heat.
3. Add the onions and grated ginger.
4. Measure out 1 teaspoon of sugar and add to the pan with the onions. Cook for 5 minutes.
5. Measure out the 1 teaspoon of cumin seeds and add to the pan with the onions. Open the can of tomatoes and add to the pan of onions.
6. Measure out turmeric, coriander and chilli powder and add to the pan of onions.
7. Season with salt and pepper and add 250 ml of water to the pan. Bring to the simmer.
8. While the pan is coming to a simmer, dice the sweet potatoes into small pieces.
9. Wash and finely chop the coriander and set aside.
10. Add the sweet potatoes to the pan, cover with a lid and simmer for 5 minutes.
11. While the sweet potatoes are cooking, chop the cauliflower into small florets. Then add the cauliflower and cover and cook for another 15 minutes.
12. Open the can of chickpeas and drain in a colander over the sink.
13. Juice the lemon and stir through the Balti also adding the chickpeas.
14. Stir through the fresh coriander and divide the Balti between 3 serving bowls

Serves –

- 28 students.

