

Indian Cauliflower & Chickpea Tray Bake



Ballarat Health Services

Ingredients

130g packet cherry tomatoes
1 cauliflower, cut into large florets, small leaves reserved
1/4 cup korma curry paste
400g can chickpeas, drained, rinsed
1 small red onion, cut into thin wedges
1 lemon, cut into wedges
1/2 cup plain low fat Greek-style yoghurt
Fresh coriander leaves, to serve



Method

Step 1 Preheat oven to 200C/180C fan-forced. Grease a large baking tray with sides.

Step 2 Thickly slice cauliflower florets. Place korma curry paste in a large bowl. Add cauliflower, chickpeas and onion. Toss to combine. Transfer mixture to prepared tray. Season with salt and pepper. Add lemon wedges, tomatoes and reserved cauliflower leaves. Roast for 40 minutes or until cauliflower is tender and beginning to char.

Step 3 Dollop vegetables with yoghurt. Season with salt and pepper. Top with coriander leaves. Serve.

Great
flavour in
a few
easy
steps

Source: www.taste.com.au