



# RECIPE CARD



**NATIONAL EYE  
HEALTH WEEK**

MONDAY 18 – SUNDAY 24 SEPTEMBER 2023

**YOUR VISION MATTERS**

# Marcus Wareing's Cauliflower and Yellow Split Pea Curry

**Cauliflower carries curry flavours really well - the key is to taste the curry as you go, so you can make sure it's not too spicy or too mild.**

**Serves 4**

**Time 1hr 15 mins**

- 1 large head of cauliflower, or 2 small heads, with leaves intact
- 2 tbsp vegetable oil
- 180g yellow split peas, rinsed well
- 1 x 400ml tin coconut milk
- sea salt
- steamed rice or whole grains (such as spelt, barley or freekah), to serve

## **For the curry base**

- 6 cardamom pods, crushed with a pestle and mortar
- 2 cinnamon sticks
- 1 tsp cumin seeds
- 1 tsp coriander seeds
- 1 tsp yellow or black mustard seeds
- 2 tbsp vegetable oil
- 1 onion, finely diced
- 3 garlic cloves, finely grated
- 4cm piece of fresh ginger, peeled and finely grated
- 1 tbsp ground turmeric
- 1 green chilli, finely diced
- 2 bay leaves
- 1 bunch of coriander, leaves and stalks separated, leaves chopped and stalks finely chopped

Preheat the oven to 220C/200C fan/gas 7.

Remove the leaves from the cauliflower. Cut the leaves crossways, across the spine, into 1cm-thick strips and set aside. Cut the cauliflower into bite-sized florets.

Toss the florets in the vegetable oil and a generous pinch of salt and place in a roasting tray. Roast in the oven for 30-35 minutes until a deep golden colour, tossing them once halfway through the cooking time.

While the cauliflower is roasting, place the crushed cardamom pods, cinnamon sticks, cumin, coriander, and mustard seeds in a medium saucepan. Place over medium heat and toast until fragrant. Add the vegetable oil then the remaining ingredients, including the coriander stalks (but not the leaves), to the saucepan. Season well with salt and cook for five minutes.

Add the yellow split peas and 700ml warm water. Stir well then cover and simmer over low heat for 40 minutes, stirring regularly, adding a little more water if the peas have absorbed it. Add the coconut milk and cook for a further five minutes.

Add the roasted cauliflower florets and the cauliflower leaves, cover and cook for a few minutes until the leaves have wilted. Remove from the heat and scatter over the chopped coriander leaves.

Serve with steamed rice or whole grains and your favourite curry accompaniments.



Recipe from **Marcus Everyday: Easy Family Food for Every Kind of Day** (HarperCollins)