

**Typ:** Gemüse

**Quelle:** Mary Berry: Cooks the perfect, S. 222

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**Bemerkungen:** Cauliflower and potatoes are a classic curry combination, and sweet potatoes work well in curries, too. This dish can accompany a meat curry or make a vegetarian main meal with rice or naan.

Vorschlag WG: Statt Wasser zuzufügen, Kokosmilch nehmen. Das Curry kann ruhig kräftiger gewürzt werden. Ich schlage noch Fenugrek und Kardamom vor.

**Zutaten**

- 1 small cauliflower, about 400 g trimmed weight
- 2 tbsp sunflower oil
- 1 onion, halved lengthways and thinly sliced lengthways
- 2 garlic cloves, crushed
- 1 tsp finely grated fresh root ginger
- ½ tsp black mustard seeds
- ½ tsp cumin seeds
- 1 fresh, mild red chilli, deseeded and chopped
- 2 tomatoes, roughly chopped
- 1 sweet potato, about 250 g, peeled and cut into 3.5 cm chunks
- 115g fine green beans, stem ends trimmed and cut across into 3 pieces
- 1½ tsp garam masala
- ¼ tsp turmeric
- 115g frozen peas
- salt
- 3 tbsp chopped fresh coriander
- 60 g roasted cashews
- plain, full-fat yogurt, to serv

**Rezept:**

1. Cut the cauliflower into small florets.  
Heat 1 tablespoon of the oil in a large pan. Add the onion, garlic, ginger, mustard seeds, and cumin seeds and fry over a medium-high heat for 6-8 minutes or until the onion is golden brown, stirring often and adjusting the heat as necessary.
2. Stir in the chilli and tomatoes and fry for 1 minute or until the tomatoes start to soften. Add the remaining tablespoon of oil, then when hot add the cauliflower florets and fry for 3 minutes. Stir in the sweet potato, green beans, garam masala, and turmeric, stirring to deglaze the bottom of the pan. Pour in 250 mL of water (coconut milk) and bring to the boil.
3. Reduce the heat, cover the pan, and simmer for 15-20 minutes, stirring occasionally, until tender. Add 1-2 more tablespoons of water, if necessary, just to keep things moist and to give a little more sauce.
4. Tip in the peas and simmer for a further 3 minutes. Season with salt. Just before serving, stir in the coriander and cashews. Serve with plain yogurt.