

Tiki Masala with Cauliflower

Curry:

3 cups cauliflower florets
2 tablespoons coconut oil or vegetable oil, divided
1 medium onion, thinly sliced
2 cloves garlic, chopped
2" piece ginger, finely grated
1 tablespoon tomato paste
1½ teaspoons paprika
1½ teaspoons garam masala
1 can (14.5 oz) diced tomatoes and green chiles
1 teaspoon honey
¼ teaspoon cayenne pepper
¾ cup water
½ cup coconut milk
2 tablespoons chopped fresh cilantro

Serve with:

1 cup brown rice
½ cup frozen green peas, thawed

Preheat oven to 425 degrees. Roast cauliflower on baking sheet tossed with 1 tablespoon oil for 20 minutes or until tender. Heat remaining oil in heavy Dutch oven on medium heat. Add onion and sauté until tender and golden, about 5 minutes. Stir in garlic, ginger, tomato paste, paprika and garam masala. Cook 1 minute. Add tomatoes, honey, cayenne and water. Simmer until slightly thickened. Season with salt and pepper to taste. Stir in coconut milk and roasted cauliflower. Cook until heated through; do not boil. Garnish with cilantro and serve over rice.

Serve with Directions:

Cook rice according to package directions. Add peas during standing time, gently folding into rice. Cover to allow peas to heat through.