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Reduced Sodium Cauliflower, Cashew, Pea, Coconut Curry
Serves 4

Ingredients:

1 (1-inch) piece fresh ginger, peeled and chopped
4 garlic cloves, chopped
1 green chile, roughly chopped (seeded if you prefer less heat)
kosher salt
4 TBSP canola oil
2 large onions, finely chopped
1 TBSP low sodium tomato paste
1½ tsp ground coriander
1¼ tsp ground cumin
½ tsp chile powder
1 large head cauliflower (about 1¼ lbs.), broken into bite-size florets
1 (14oz) can unsweetened coconut milk
4 oz unsalted cashews (about ¾ cup)
½ cup frozen peas
½ tsp garam masala
1 small bunch cilantro leaves, chopped, for serving
1 lemon wedge, for serving
cooked basmati rice

Preparation:

1. Place the ginger, garlic and green chile in a mortar and pestle with a pinch of salt. Mash until a paste forms and set aside. Alternately, finely chop the ginger, garlic and green chile together, sprinkle with a pinch of salt, then mash into a coarse paste using the flat portion of your chef's knife.
2. In a large skillet with a lid, heat 3 tablespoons of oil over medium. Cook the onions until golden, about 10 minutes. Add the ginger paste and cook, stirring, until fragrant, 3 to 4 minutes.
3. Stir in the tomato paste, coriander, cumin, chile powder and ½ teaspoon salt. Stir in the cauliflower and coconut milk and bring to a simmer. Reduce the heat to low, cover and cook until the cauliflower is tender, 10 to 12 minutes.
4. Meanwhile, heat the remaining tablespoon of oil in a small skillet over medium. Fry the cashews, stirring occasionally, for 2 minutes. Transfer to a plate to cool.
5. Add the peas and garam masala to the cauliflower mixture and cook, stirring, for 5 minutes.
6. Top the curry with the cashews, cilantro and a squeeze of lemon just before serving.
7. Serve with a big steaming bowl of basmati rice.

Adapted from: *Cauliflower, Cashew, Pea and Coconut Curry*, [cooking.nytimes.com](https://cooking.nytimes.com/recipes/1019911-cauliflower-cashew-pea-and-coconut-curry),
<https://cooking.nytimes.com/recipes/1019911-cauliflower-cashew-pea-and-coconut-curry>