

## Roast Cauliflower Bhaji

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I found this trawling the Internet for a vegetable accompaniment to my *Murghi aur Masoor Dal*. I like cauliflower and I love roasting cauliflower so how could this miss? It's nice and easy letting the oven do the work while you finish the meat component.

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### Planning

|               |         |
|---------------|---------|
| serves:       | 2       |
| prep time:    | 15 mins |
| cooking time: | 25 mins |

### Ingredients

300g cauliflower florets (bite size)  
1/2 onion cut into very thin half moons  
handful of cherry tomatoes, halved  
1 tsp ground coriander  
1 tsp ground cumin  
¼ tsp turmeric  
½ tsp chilli powder  
½ tsp salt  
½ tsp black mustard seeds  
½ tsp cumin seeds  
3cm piece fresh ginger, finely julienned  
4 tbs flavourless oil

### Method

Heat the oven to 200°C fan/gas 6

Put the cauliflower, onion and cherry tomatoes in a roasting tray. Mix these as evenly as possible.

Make the spice mixture in a small bowl: add the coriander, cumin, turmeric, chilli powder and salt. Add 3 tablespoons water and mix thoroughly. Pour this spice mixture over the vegetables on the tray and mix around until coated.

In a small pan, add 3-4 tbs flavourless oil and set over medium heat. Add the mustard and cumin seeds. As soon as the mustard seeds begin to pop, turn off the heat and add the finely cut ginger. Stir well. As evenly as possible, pour the contents of the pan over the vegetables and stir around until they're all coated.

Place in the oven and cook for 10 minutes before getting the tray out and gently stirring everything around. Return it to the oven for another 10 minutes or until the cauliflower is cooked through and is starting to go crispy in places and the onions are golden. (I needed five minutes longer.)