



The Hungry Guest

WHOLE ROGAN BAKED CAULIFLOWER WITH SPICED RED LENTIL DAHL

SERVINGS: 4

PREP & COOKING TIME: 55 MINS

INGREDIENTS

1 Medium Mereworth Cauliflower
1 Small bottle of Hungry Guest Rogan Josh Curry Sauce
20g Vegetable Oil
1 Lemon, Juice and Zest
50g Chopped Mereworth Coriander
50g Toasted Flaked Almonds

1 Mereworth Onion, diced
2 Cloves Garlic, chopped finely
1 Red Chilly, thinly sliced
20g Fresh Ginger, chopped finely
200g Red Lentils
500g Vegetable Stock
50g Spinach, washed
65g x Basmati Rice per person

DIRECTIONS

For the cauliflower:

1. Trim away all of the leaves from the cauliflower and cut the stem so it sits flat. Cut a cross into the base of the cauliflower to ensure it cooks through.
2. Oil the base of a deep pot with a lid, and then place the cauliflower inside.
3. Rub half of the rogan josh curry sauce over the cauliflower, cover with the lid and bake in an oven at 180 degrees C for approximately 40 minutes. Remove the lid and cook for a further 15 minutes.
4. Test the cauliflower by placing a knife into the centre, it should have very little resistance.
5. To finish sprinkle with toasted almonds, half the sliced red chilli, lemon zest, and chopped coriander.

For the dahl:

1. In a medium pan add a glug of oil and fry the onion, garlic, and ginger until soft.
2. Put the lentils in the pan, then add the vegetable stock and remaining rogan josh curry sauce.
3. Stir well and season with salt and pepper.
4. Allow to cook on a low to medium heat for approximately 15-20 minutes, stirring regularly to ensure it doesn't catch on the bottom.
5. Once the dahl is thick and the lentils are soft remove from the heat and finish with lemon juice and spinach.

For the rice:

1. Bring a pan of water to the boil and season with salt.
2. Add 65g of rice per person and simmer well for 10-12 minutes, or until the rice is tender.
3. Strain and serve.