



The Gathered Green

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CAULIFLOWER & PUMPKIN 'DAAL'

Thank you to eatdrinkpaleo.com.au for this recipe and picture.

Serves 4

Ingredients

- 1 large brown onion, finely diced (use food processor)
- 1 tablespoon coconut oil
- 1 tablespoon grated ginger
- 3 large cloves garlic, finely diced or grated
- 500 grams peeled butternut pumpkin, diced
- 2 teaspoons garam masala
- 1 teaspoon cumin powder
- 1 teaspoon turmeric powder
- ½ teaspoon chilli flakes
- 2 cups vegetable stock (homemade or additive free)
- 200 grams coconut cream
- Juice of ½ lime
- ½ teaspoon salt
- 2 tablespoons sesame seeds
- ½ medium head cauliflower, broken into florets
- Handful of fresh coriander
- Extra sesame seeds for garnish





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Method

Sauté onion in coconut oil over medium heat for 5 to 6 minutes, or until softened and slightly golden.

Add the ginger, pumpkin and garlic and stir through for a minute. Add spices and stir through. Then add stock, coconut cream, lime juice, salt and sesame seeds, and stir through.

Bring to boil, turn down to medium-low and cover with a lid. Cook for about 8 to 10 minutes.

In the meantime, either chop (using a knife) or grind (using a food processor) the cauliflower florets into small crumbs. If using a food processor, add the florets to the processor in three batches and process a few times until finely chopped. Careful not to over-process cauliflower into a dust.

After 8 to 10 minutes of cooking the pumpkin, stir the cauliflower rice and cook together for 5 minutes, covered with a lid. Stir a couple of times.

Using a potato masher, press down the cooked mixture a few times to soften the pumpkin pieces slightly. You want some of the pumpkin flesh to become the sauce itself.

Serve with fresh coriander, a dollop of coconut cream or yoghurt, and a sprinkle of sesame seeds.

Enjoy!

Jane

