

Spice  
Inspired  
Kitchen



# Cauliflower & Chickpea Sabzi Recipes

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Remember me saying that when I create a recipe, I always keep 3 things in mind: Healthy; Easy; Delicious.

The Cauliflower Chickpea Sabzi is quite unique and has all of these elements. Once the masala is ready, it literally takes under 15 minutes to make!

## INGREDIENTS FOR MASALA

1 large onion

4 – 5 cloves of garlic, minced

1 inch piece of minced ginger (approx. 1 Tbs)

2 medium tomatoes, chopped

2 – 3 Tbs grapeseed or extra virgin olive oil (you can also use ghee)

1 tsp cumin seeds

1 tsp turmeric powder

½ tsp garam masala

½ tsp hot chili powder or cayenne

1 tsp ground coriander

1 ½ tsp salt

## INGREDIENTS FOR SABZI

½ large cauliflower (cut into small florets)

1 large can chickpeas rinsed and drained (540ml/19oz)

3 green onions

Handful of roasted cashews

Handful of chopped cilantro

## MASALA METHOD

**STEP 1** Heat oil on medium high heat. Add cumin, cook for 1 -2 minutes.

**STEP 2** Add garlic and ginger, sauté for 2 minutes.

**STEP 3** Add onion, cook for about 6 minutes until lightly browned, stirring in between.

**STEP 3** Add chopped tomato, cook until it breaks down and blends with the onion mixture.

**STEP 4** Add spices (turmeric, garam masala, chili powder, coriander, salt). Stir to infuse the spices into the mixture.

*Note: Once your masala is ready you can use it right away or put it away in the fridge (for up to 3-4 days) to finish making the dish later.*

## SABZI METHOD

**STEP 5** Once the masala is ready, add the cauliflower and chickpeas. Cover and cook for 8 – 10 minutes until the cauliflower is tender but not overcooked, stirring once or twice. Add a sprinkle of water to prevent from sticking to the pot.

**STEP 6** Add green onion, cashews and cilantro, continue cooking for 2 – 3 minutes more. Remove from heat.

Serve with brown or white Basmati rice and yogurt.

# Plain Basmati Rice.

Literally translated as 'the fragrant one', Basmati has been described as having the aroma of sun-baked wood and flowers. Classic Basmati Rice goes through a special and unique aging process. Uniquely, the Basmati grain expands more than twice its dry length during cooking. Unlike other types of rice the grains only expand lengthways resulting in the grains retaining their long slender characteristic when cooked and won't break or stick together.

## INGREDIENTS

1-2 tsp cumin

1/2 onion, chopped

1 cup Basmati rice

1 tsp grape seed or olive oil

1 tsp salt

2 cups water

## METHOD

**STEP 1** Wash rice under running water and let soak for 10 minutes. Drain to remove all excess water.

**STEP 2** Place cumin into a medium size pot on medium high. Toast for 1-2 minutes, while stirring to release the aroma.

**STEP 3** Add oil to the toasted cumin. Immediately add chopped onion. Cook for 3-4 minutes to slightly brown the onion.

**STEP 4** Add rice into pot. Cook 2-3 minutes before adding water.

**STEP 5** Cover, bring to a boil. Now reduce heat to simmer, and cook for 18-20 minutes, until water is completely absorbed and rice grains are separated.

**STEP 6** Remove lid, fluff rice with fork.

