

# Tandoori Cauliflower steaks with Roasted Chickpeas and Beetroot

## Ingredients

- 1 Cauliflower
- 20g Chopped coriander stalks
- 1tbsp Beetroot Powder
- 100ml of natural Yoghurt/If vegan use Coconut milk
- 20g Mild curry Powder
- ½ onion finely chopped
- 2 cloves of Garlic
- 1 Tbsp Tomato puree
- 100g Chick Peas
- 100g Beetroot diced
- 20g Coriander chopped

## Method

- In a frying pan place the garlic, onion, coriander stalks, curry powder, and gently fry until onions are soft on a low heat. Add the tomato puree and mix well. Take off the heat and allow to cool.
- In a separate bowl mix well the yoghurt and beetroot powder, add the curry mixture to the yoghurt mixture once cooled, mix well and set aside.
- Portion the cauliflower into steaks or into quarters, marinate the cauliflower steaks and leave for a minimum of two hours or overnight.
- Cooking the cauliflower can be done either on a char grill or BBQ or in a high oven to get a nice char colour on them.
- While cooking fry off chickpeas in a dry pan with the beetroot.
- Once the cauliflower is cooked dish up and Garnish with the Fried chickpeas and beetroot and garnish with chopped coriander

