



Roasted Curried Cauliflower and Onion

Savannah · 29/09/2024



Prep Time

55 mins

Difficult

Medium

Servings

8

Description

A delicious simple dish of roasted curried cauliflower and onion with the flavors of India. It is quite flavorful so I recommend serving it with a milder main dish with some plain yogurt on the side and chapatis Indian flat bread.

Ingredients

— - 12 cups cauliflower florets - 2 large onions
— quartered - 1 teaspoon coriander seeds - 1 teaspoon cumin seeds - ½ cup olive oil - ? cup red wine vinegar
- 4 ½ teaspoons curry powder - 1 tablespoon minced garlic - 1 tablespoon paprika - ¼ teaspoon chili powder -
¼ teaspoon ground cumin - 1 ½ teaspoons salt - 1 pinch freshly ground black pepper to taste - ? cup chopped
fresh cilantro

Instructions

1. Preheat the oven to 400 degrees F (200 degrees C). Place cauliflower florets in a large roasting pan. Pull apart onion quarters into separate layers and set aside. Heat a small skillet over medium heat. Cook and stir coriander seeds and cumin seeds in the hot pan until slightly darkened
2. about 5 minutes. Remove from heat
3. crush coarsely with a mortar and pestle
4. and transfer to a medium bowl. Add oil
5. vinegar
6. curry powder
7. garlic
8. paprika
9. chili powder
10. cumin
11. and salt to the crushed seeds; whisk to combine. Pour dressing over cauliflower; toss to coat. Spread in a single layer in the pan and sprinkle with pepper. Roast in the preheated oven
12. stirring occasionally
13. about 20 minutes. Add onions and stir thoroughly. Continue to roast
14. stirring occasionally
15. until vegetables are tender
16. about 15 minutes more. Garnish with cilantro. Cook's Notes: This uses about 4 pounds of cauliflower. This dish can be made ahead and left at room temperature for several hours
17. simply reheat in a 450 degree F (230 degrees C) oven for about 10 minutes.