

Curried Cauliflower

Number of Servings: 4

Prep Time: 10 minutes

Cook Time: 20 minutes

Ingredients

1 medium onion, chopped
4 cloves garlic, minced
2 tbsp coconut oil
2 tbsp Patak's Korma paste
2 cups water
1 small head of cauliflower, chopped
1 tbsp shredded coconut
2 tbsp almond butter

Instructions

What makes this so good is the Coconut flakes and Almond Butter. If you want a creamier sauce, you can add some milk, coconut milk or soy milk.

Fry onions and garlic in Coconut Oil. Any vegetable oil can be used, but coconut oil goes well with the korma spice mix. Add Patak's and slowly add in the water to form a sauce.

Add the shredded coconut and cauliflower. Cook for 10-15 minutes depending on how cooked you prefer your cauliflower.

Add in the Almond Butter, cooked for a couple of minutes and then serve.