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# Simply Seasonal

## Cauliflower & Red Lentil Curry

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## Cauliflower & Red Lentil Curry

### Ingredients

- 1 Tbsp olive oil
- \* $\frac{1}{4}$  cup onion, chopped
- \*2 cloves garlic, chopped
- 1  $\frac{1}{2}$  tsp curry powder
- 1 tsp cumin seed
- $\frac{1}{2}$  tsp ground coriander
- $\frac{1}{2}$  tsp ginger, minced
- 1 cup water
- \*1 cup cauliflower florets
- \*1 cup potatoes, cut into  $\frac{3}{4}$ " pieces
- $\frac{1}{4}$  cup dried red lentils
- \* $\frac{1}{2}$  cup frozen peas
- Salt & pepper to taste

### Directions

1. Heat oil in a saucepan; add onion and garlic and cook until onion is softened.
2. Add curry powder, cumin seed, coriander and ginger. Cook 1 minute, stirring constantly.
3. Add water, cauliflower, potatoes and lentils. Bring to a boil; cover and cook over medium heat 10-15 minutes or until everything is fork tender.
4. Stir in peas, heat through; season to taste with salt & pepper. Serve over rice or quinoa.

\*can be found locally

Brought to you by the Corvallis Sustainability Coalition  
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