

Slow Cooker Cauliflower Tikka Masala

Serves 4

1 tbsp. coconut oil
1 small cauliflower head, cut into florets (about 4 cups florets)
1 medium onion, diced
3 cloves garlic, crushed
1 tbsp. ginger, grated
3 tbsp. curry powder
3 ½ cups (800g) can diced tomatoes with their juice (about 3 cups)
1 tbsp. honey
½ cup (120ml) full-fat coconut milk (canned)
handful fresh parsley
⅓ cup (50g) cashews roasted

What you need to do

1. Add the coconut oil, cauliflower, onion, garlic, ginger, curry powder to the slow cooker. Season with salt and pepper.
2. Pour in the diced tomatoes and honey stir to mix everything.
3. Cook on high for about 3-4 hours or the cauliflower is tender.
4. Add the coconut milk and stir well. Cook for another 3-5 minutes on low until warmed through.
5. Serve topped with chopped coriander and roasted cashews, accompanied by rice (not included in nutrition info).

GF

DF

MP

V

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