

## Cauliflower Casserole

### Ingredients

2 tbsp coconut oil  
1 tsp cumin seeds  
1 medium onion – chopped finely  
3 ripe tomatoes – chopped finely  
1 medium cauliflower, chopped into bite size florets  
1 jalapeno chilli – seeded and chopped  
1 cup kale  
2 tsp ginger paste (or grated ginger)

1 tbsp cumin powder  
1 tbsp coriander powder  
1 tsp turmeric  
1 tin coconut milk  
1 tsp sea salt or Himalayan salt  
2 tbsp chopped coriander

### Method

1. In a stock pot – heat coconut oil on a medium heat
2. Add cumin seeds until they sputter.
3. Add onions and cook for 1 minute.
4. Add tomatoes and cook a few minutes until they soften
5. Add remaining ingredients, cover and simmer for 15 mins, stirring every 5 mins