



## THE WAY THE COOKIE CRUMBLES

A FOOD BLOG

### Vegetable Curry

Serves 3-4

I love this over basmati rice (I like to put a cinnamon stick and some cloves in the pot with the rice cooks) and topped with mango chutney and plain yogurt.

1 tablespoon canola oil  
1 tablespoon minced or grated ginger  
3 large garlic cloves, finely chopped  
1 teaspoons garam masala  
2 teaspoons curry powder  
Salt  
½ medium head cauliflower, cut into small-medium sized florets  
1 (15-ounce) can diced tomatoes  
1 (15-ounce) can chickpeas, drained and rinsed  
4 ounces (about ¾ cup) frozen peas

1. In a large skillet, heat the canola oil over medium heat. Add the garlic, ginger, garam masala, and curry powder. Cook until fragrant, 1-2 minutes, stirring constantly.

2. Add the cauliflower and toss to incorporate with the spices, then stir in ½ teaspoon salt, the chickpeas, and the tomatoes with their liquid. Cover the pan and simmer over medium heat for 10 to 15 minutes, until the cauliflower is tender, stirring occasionally. Stir in the peas, cover again, and continue simmering for 2-3 minutes, until the peas are heated through. Serve over rice, topped with plain yogurt and mango chutney, if desired.