Cauliflower and Garbanzo Bean Curry with Homemade Flat Bread

Ingredients:

1 tablespoon canola oil

1 Tablespoon butter

2 teaspoons curry powder

1 teaspoon mustard seeds

1 onion finely sliced.

5 garlic cloves, crushed.

2 cm piece of ginger, finely chopped.

1 cauliflower, broken into florets

1 teaspoon sugar

½ teaspoon salt

½ teaspoon pepper

1 can garbanzo beans (chick peas)

1 can coconut milk (400 ml)

Juice ½ lemon

Cilantro – bunch

1: Put a pan on the stove and on a moderate heat add the curry powder for about 30 seconds.

2. Melt the butter and heat the oil in the pan. Add the onion, garlic and ginger and mustard seeds cook until the onions are softened and the mustard seeds start popping.

3. Add the cauliflower florets. Drain the garbanzo beans and add to the pan. Stir fry for 5 minutes then add the coconut milk. Continue to simmer with the lid on the pan until the cauliflower starts to soften.

4. Leave the pan with the lid on for 5 minutes. Add the juice of half a lemon.

5. Serve with fresh cilantro as a garnish.

Flatbreads:

3 cups of all-purpose flour

2 teaspoons of baking powder

1 1/2 teaspoons salt

3 tablespoons olive or vegetable oil

1 cup ice water

2-3 tablespoon vegetable oil for frying

1. Combine the flour, baking powder and salt in a large mixing bowl.
2. Add the ice water and oil and mix to a moist dough adding extra flour or water to achieve this.
3. Cover with plastic wrap for 10-15 minutes to rest.
4. Pre-heat a heavy bottomed skillet and add a tablespoon of oil .
5. Divide the dough into 10 equal pieces the size of an egg. Either shape and flatten in floured hands or roll into a circle ¼ inch thick.
6. Fry in batches for 2 minutes on each side until golden brown. Cool slightly before serving with the curry.