



CLONAKILTY

CAULIFLOWER DAHL



By Irish Yogurts Clonakilty

Cauliflower Dahl

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Method

For marinated cauliflower

- In a large bowl mix the yogurt, madras curry powder, salt and cumin seeds.
- Remove the leaves from the cauliflower and cut the cauliflower into quarters through the stalk.
- Put the cauliflower into the yogurt mix and coat the cauliflower fully in the [Irish Yogurts Clonakilty Low Fat Natural Live Yogurt](#) or [Irish Yogurts Clonakilty Low Fat Greek Style Natural Live Yogurt](#), allow to marinade for 1 hour.
- After it has marinated place onto a roasting tray and place in a 170c preheated oven.
- Roast for 20 mins until cauliflower is tender.

For lentil dahl

- Peel the onions and cut into pieces, peel the ginger and garlic, remove the tops off the chilies and roughly chop.
- Place the onions, garlic, ginger, chili and 15g oil into a food processor.
- Blend into a paste.
- Put the paste into a pan with a pinch of salt and cook for 5 minutes on a high heat, stirring continuously.
- Add the madras curry powder, sugar and the mild curry powder to the paste and cook for 2 more minutes.
- Add the lentils, tin tomatoes and water. Bring up to the boil and turn down the heat to a simmer.



- Allow to cook for 20 minutes, until the lentils have become tender and the dahl has thickened.
- Add the garam masala and [Irish Yogurts Clonakilty Low Fat Natural Live Yogurt](#) or [Irish Yogurts Clonakilty Low Fat Greek Style Natural Live Yogurt](#) and cook for 5 more minutes. Finally add the lime juice and chopped coriander leaves.

For apple riata

- Peel and grate the apple into a bowl.
- Add the finely chopped mint leaves, raisins, cumin seeds and [Irish Yogurts Clonakilty Low Fat Natural Live Yogurt](#) or [Irish Yogurts Clonakilty Low Fat Greek Style Natural Live Yogurt](#) and stir to combine.

For the toasted almonds

- Put the flaked almonds onto a baking tray and place in a 170c oven for 5-10 minutes until they are golden brown.

To serve place the dahl in a bowl and top with the roasted cauliflower, riata and toasted almonds.

Ingredients

For cauliflower

- 1 head Cauliflower
- 250g [Irish Yogurts Clonakilty Low Fat Natural Live Yogurt](#) or [Irish Yogurts Clonakilty Low Fat Greek Style Natural Live Yogurt](#)
- 5g Salt
- 5g Ground Cumin

For dahl

- 3 white onions
- 4 cloves garlic
- 1 red chilli
- 300g Red lentils
- 20g Ginger
- 1 tin of chopped tomatoes
- 1tbsp madras
- 1tbsp curry powder
- 200g [Irish Yogurts Clonakilty Low Fat Natural Live Yogurt](#) or [Irish Yogurts Clonakilty Low Fat Greek Style Natural Live Yogurt](#)
- 1 Lime
- 10g Coriander
- 1 tbsp garam masala
- 800ml water
- 75g sugar



For riata

- 200g [Irish Yogurts Clonakilty Low Fat Natural Live Yogurt](#) or [Irish Yogurts Clonakilty Low Fat Greek Style Natural Live Yogurt](#)
- 1apple
- 5 mint leaves
- 60g raisins
- 15g cumin seeds
- 40g flaked almonds

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