

CURRY OF CAULIFLOWER AND BROCCOLI

2 persons / 531 kcal per person

Ingredients:

- ½ medium onion
- 1 clove of garlic
- 15 grams of unsalted butter
- 400 grams of chilled cauliflower and broccoli florets
- 1 tablespoon of garam masala spice
- 200 grams of canned tomatoes
- ½ vegetable stock tablet
- 1 tablespoon ginger syrup
- 125 ml of cooking cream
- 50 ml of water
- 130 grams of white rice
- salt



Preparation:

Chop the onion and finely chop the garlic. Heat the butter in a frying pan and fry the onion and garlic for 5 minutes. Cut large cauliflower and broccoli florets in half. Add the garam masala and the cauliflower and broccoli florets, mix and cook for 2 minutes over medium heat. Add the tomato cubes, stock cube, ginger syrup, water and cooking cream. Stir and let simmer for 15 minutes with the lid on the pan, the last 5 minutes without the lid. Meanwhile, cook the rice according to the directions on the package. Serve the curry with the rice.

Nutritional value per person:

Energy:	531 kcal
Protein:	14.0 grams
Carbohydrates:	67.8 grams
- including sugars:	14.2 grams
Fat:	21.0 grams
Fiber:	7.5 grams
Salt:	2.0 grams