

## Cauliflower, Cashew & Black Bean Red Thai Curry

I've been experimenting with one pan dishes, easy to throw together and delicious to eat. Cauliflower is endlessly versatile and works here with red Thai curry paste for flavour, cashew nuts for crunch and beans for creamy protein. Serves 4

- 1 medium cauliflower, cut into large florets
- 2 handfuls cashew nuts
- 1 tin of black beans, drained
- 1 large onion, sliced
- 3 tbsp red Thai curry paste
- 2 tbsp oil
- 1 can coconut milk
- 2 tbsp coriander, chopped



1. Heat the oven to 200c/400F/Gas6
2. Put the cauliflower florets and sliced onion into a roasting tin, mix the oil with the curry paste and spoon over the cauliflower. Mix everything well with your hands, making sure the paste is pushed into the branches of the florets. Put into the oven and roast for 20 mins.
3. Remove the cauliflower from the oven, tip over the beans and cashews, pour over the coconut milk. Mix well and return to the oven for 10 minutes. Stir through the chopped coriander, serve with rice and or salad.

## Hints, Tips and Adaptations

*Gluten free, dairy free, vegetarian & vegan*

*Swap the cauliflower for squash, sweet potato or broccoli.*

*Use green Thai curry paste instead of red, but use broccoli, pistachio nuts and flageolet beans.*

*Swap the coriander for flat leaved parsley if you're not a fan.*