



## Cauliflower and spinach dahl curry SERVES 4

### INGREDIENTS

- 2 Tbsp canola oil
- 1 onion, chopped
- pinch salt
- 3 cloves garlic, crushed
- 1 Tbsp finely chopped ginger
- 2 Tbsp curry powder
- 1 cup red split peas
- 6 cups water
- 2 tomatoes, diced
- ½ cauliflower, sliced into florets
- ½ bag (150g) spinach, washed and roughly chopped
- freshly ground black pepper

### METHOD

- Heat oil in a large saucepan.
- Gently cook onion with salt over low heat until soft.
- Add garlic, ginger and curry powder. Cook for 1 minute.
- Add split peas, water and tomatoes. Cook for approximately 30 minutes or until the split peas are soft.
- Add cauliflower and cook for 5 minutes.
- Mix spinach through and cook for 1 minute.
- Season with pepper.
- Serve with brown rice.



## Falafel and salad SERVES 4

### INGREDIENTS

- 1 cup dry chickpeas
- 1 slice wholegrain bread
- 2 cloves garlic
- ½-¾ cup chopped fresh parsley
- ½ cup chopped fresh coriander
- ½ onion, peeled and diced
- pinch chilli powder
- 1 tsp ground cumin
- 1 tsp ground coriander seed
- 1 tsp ground paprika
- 1 tsp baking soda, sifted
- 2 Tbsp canola oil

### METHOD

- Cover chickpeas in plenty of cold water and leave to soak overnight.
- Drain thoroughly. In a food processor place chickpeas, bread, garlic, parsley, coriander, onion and spices.
- Blend well until a smooth paste is formed. At this point the mixture can be frozen for later use.
- Mix baking soda into the mixture just before cooking.
- Form mixture into walnut sized balls and flatten slightly. Heat oil in a large frying pan and cook falafel until browned on each side and cooked through.

### Serving suggestions:

- pita bread and sliced lettuce
- hummus
- tahini sauce
- tabbouleh salad (try cauliflower 'couscous')

For more great recipes with fresh New Zealand grown vegetables visit [www.vegetables.co.nz](http://www.vegetables.co.nz)

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# Vegetarian delish dishes

Celebrating fresh New Zealand grown vegetables



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## Balti vegetables SERVES 4

### INGREDIENTS

- ½ cup broccoli florets
- ½ cup cauliflower florets
- ½ cup sliced green beans
- 1 Tbsp canola oil
- 6 shallots, peeled and chopped
- 2 cm piece ginger, sliced
- 4 cloves garlic, crushed
- ¼ tsp fennel seeds
- 1 tsp cumin seeds
- 2 Tbsp sesame seeds, toasted
- ¼ tsp ground turmeric
- 6 yams, sliced into quarters or 2 carrots, chopped
- 6 cherry tomatoes
- salt to taste
- ½ green capsicum, deseeded and chopped
- ½ red capsicum, deseeded and chopped

### METHOD

- Bring a saucepan of water to a rapid boil. Blanch broccoli, cauliflower, beans and shallots separately until just becoming tender.
- Heat oil in a large non-stick pan over high heat. Add shallots, ginger, garlic, fennel, cumin and sesame seeds. Sauté for 2 minutes or until fragrant. Add turmeric and cook for 2 minutes.
- Add yams, blanched vegetables, tomatoes and salt. Toss vegetables to coat with spices.
- Reduce heat, add capsicums and cook covered for 5 minutes. Serve.



## Jungle curry SERVES 4

### INGREDIENTS

- 1 Tbsp canola oil
- 2–3 Tbsp jungle curry paste
- 2 cups water
- 1 large eggplant, diced
- 2 carrots, peeled and sliced
- 250g green beans, sliced
- 2 cups sliced Asian greens
- 4 cups cooked rice
- 4–8 basil sprigs for garnish
- 1 red chilli, chopped and deseeded for garnish

### METHOD

- Heat oil in a heavy based saucepan.
- Add jungle curry paste and stir fry for 1–2 minutes.
- Add water and bring to the boil.
- Add eggplant, carrots and beans and simmer until cooked.
- Add Asian greens and stir through.
- Serve with rice, garnished with basil leaves and chopped chilli.



## Roasted eggplant bengan bharta SERVES 4

### INGREDIENTS

- 2 large eggplants
- 1 Tbsp canola oil
- 1 onion, chopped
- 1 tsp cumin seeds
- 1 cm piece ginger, finely chopped
- 4 cloves garlic, finely chopped
- 2 tsp mild curry powder
- 1 tsp ground turmeric
- salt to taste
- 1 green chilli, deseeded and sliced
- 3 tomatoes, diced
- ½ cup chopped coriander
- 1 Tbsp lemon juice

### METHOD

- Preheat oven to 180°C. Roast eggplants in preheated oven for 45 minutes or until soft. Cool, remove skin, mash eggplant and set aside.
- Heat oil in a large heavy-based frying pan over high heat. Add onion, cumin, ginger and garlic. Cook until onion is golden brown.
- Add curry powder, turmeric, salt, chilli, and tomatoes and cook for 5 minutes or until tomatoes are soft.
- Add mashed eggplant, mix and cook for 2 minutes.
- Remove from heat, add coriander and lemon juice and serve.

