

bent street kitchen

CAULIFLOWER & LENTIL RICE

Ingredients:

1 medium-sized cauliflower head, cut into florets
450 g chicken thigh fillets, skin and fat removed, cut into 2-cm pieces, (optional)
400g tin of lentils, drained & rinsed
1 & 1/4 c basmati rice
3 T korma curry paste
1 medium onion, chopped
3 c vegetable stock
2 bay leaves
1 cinnamon quill
1 bunch coriander, chopped
1 T olive oil
1 T olive oil and pinch of salt for roasting cauliflower
lemon wedges (optional)

Method:

Preheat oven to 200 °C. Place cauliflower florets in a shallow baking tray. Toss in oil and salt. Bake for 30 minutes, until the florets are golden brown around the edges.

Heat 1 T olive oil in a large casserole pan over medium heat. Cook chicken thighs (if using) until brown all over then remove from pan. Add onions to the pan and cook for 5 minutes, stirring occasionally. Return chicken to the pan and cook for 1 minute. Add rice and cook, stirring for 2 minutes. Add curry paste and cook for 1 minute. Add stock, bay leaves, cinnamon quill and bring to the boil. Reduce heat to low, cover and cook for 15-20 minutes until the rice is cooked and all the liquid has been absorbed. Fluff rice with a fork and stir in lentils. Add cauliflower and coriander and mix through rice.

Serve with lemon wedges.

Serves 4-6.