



Add Some Protein Rich Broth and Golden Spices

Cauliflower Curry Pasanda

Creamy mild curry with fragrant spices and turkey slices

- 1 Tablespoon liquid coconut oil
- 1 large red onion, peeled; diced
- 2 garlic cloves, peeled, minced
- 1/2 to 1 Tablespoon grated fresh ginger
- 1 teaspoon (each) garam masala; ground cumin
- 1/2 teaspoon ground turmeric
- 1 teaspoon chili powder
- 1/8 cup ground fine chopped pistachios
- 2 Tablespoons unsweetened coconut
- 1-1/2 cups bone broth or vegetable stock or as needed
- 1 cup plain natural yogurt, room temperature
- 3 ounces Paleo Valley pasture-raised turkey sticks, sliced

1 (12 to 15 ounce) cauliflower, trimmed, cut into florets
Salt and ground black pepper to taste
Garnish: Chopped cilantro, rough chopped pistachios
Serve as desired with prepared cooked black or purple rice; flatbreads

Brown Onions and Bloom Spices: Heat oil in large wok-size skillet; add onions; sauté onions to soften over medium heat to lightly brown; add garlic; cook for 1 minute; add ginger, garam masala, cumin, turmeric, chili powder, pistachios, and coconut. Stir for about 1 minute to heat spices.

Prepare Sauce: Stir in bone broth and yogurt; simmer for about 2 minutes until smooth; add turkey slices and cauliflower, covering with stock.

Simmer Sauce: Cover pan with a lid; simmer for about 15 minutes or until cauliflower is tender but retains its shape. Season with salt and black pepper to taste. Sprinkle with chopped cilantro and coarse chopped pistachios.

To Serve: Spoon over prepared cooked black or purple rice with some small flatbreads. Serves 4

Cook's Note: Can be made ahead and then rewarmed gently over a low heat. If the curry is too thick, add some additional stock. Black or purple rice required about 45 minutes of simmering to cook so I usually make it ahead of time.

Inspired by: Deena Kakaya; greatbritishchefs.com

About the Recipe: The curry is mild, creamy, and flavored with aromatic spices. Tiny turkey slices add a chewy texture to the dish, which highlights the wonderful goodness of cauliflower. It is lightened with yogurt and is easy to prepare.