1-Pot Cauliflower Curry

PREP TIME: 10 MIN | COOK TIME: 15-20 MIN | SERVINGS: 3-4

INGREDIENTS:
- 1 Tbsp oil
- 1/3 cup chopped onion
- 1 clove garlic, minced (optional)
- 2 cups cauliflower florets
- 1 cup finely chopped carrots
- 1 can coconut milk
- 2 Tbsp curry powder
- For serving: rice or naan (optional)

DIRECTIONS:
Heat oil in pan over medium-high heat. Add onion and cook for 2-3 minutes. Add garlic (if using) and stir and cook for 30 seconds or until fragrant. Add cauliflower and carrots and cook for another 2-3 minutes. Add curry powder and cook for 1 minute, stirring constantly.

Stir in coconut milk and bring to a boil. Once boiling, lower heat and simmer for 6-8 minutes, or until cauliflower and carrots are mostly softened. Stir in chickpeas if using and cook for 2-3 minutes, or until vegetables are fully softened. Serve over rice or with naan. Store leftovers in fridge and enjoy within 5 days.

RECIPE NOTES:
- Add protein: canned chickpeas or cubed tofu
- Add or swap your favorite fresh or frozen veggies like potatoes, broccoli, or spinach.
- Add optional toppings such as green onion, cilantro, lime

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