

Flying Inspiration

Fly with the feminine

Gabriella Guglielminotti Trivel's recipes

Cauliflower and chickpeas Indian style

Suggestions: a very tasty vegetarian dish that you can cook either in Spring or winter and autumn too. It is rich in minerals like phosphorus, iron, magnesium, calcium, potassium, manganese, sodium and zinc and vitamins of the B group, vitamin C, E and K.

Instructions

extra virgin
olive oil





Fry in a pan some extra virgin olive oil, some finely sliced garlic, chopped onions and coconut cream flakes for a while, then add some coriander powder, garam masala and cumin seeds.



Add the finely chopped lemon zest and the boiled chickpeas stirring it all well together.



tomato sauce

sea salt



Add the chopped cauliflower, tomato puree and salt.



coriander

Let it cook until the sauce starts reducing and the vegetables are cooked, you can serve it with some freshly chopped coriander.



If you like this recipe, I would like to read your comments!

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