

Spicy Vegetarian Curry

- 1 t each cumin seeds, coriander seeds
- 4-5 [cardamon](#) pods, seeds removed (discard pods and use just the seeds)
- 1 T coconut oil
- 2 yellow onions, finely diced
- 2 T finely chopped fresh ginger
- 1/2 green chili, stemmed, seeded, finely chopped
- 1 t turmeric
- 1 T garam masala
- 1 28 oz can whole tomatoes and juices, tomatoes roughly chopped
- 1 t kosher salt
- 2 15 oz cans chickpeas, drained and rinsed
- 1 cauliflower, roughly chopped
- 1 head roasted garlic, cloves chopped
- 1/2 c water
- 1 [chicory lettuce](#)

Garnish

- fresh coriander, finely chopped
- plain yogurt

Heat a frying pan and add the coriander, cumin and cardamon seeds. Shake the pan for about 1 minute, without burning the seeds. Use a mortar and pestle to coarsely grind the seeds.

Heat the oil in a large pan over medium-high heat. Add the onion, ginger, coriander, cumin, cardamon, chili, turmeric, garam masala and a pinch of salt. Cook, stirring occasionally on medium heat, for about 6 minutes until the onions soften.

Add chopped tomatoes with their juices, chickpeas, garlic, cauliflower, salt and water. Stir to combine. Reduce the heat to medium-low and simmer,

stirring occasionally, for 15 minutes. Garnish with plain yogurt and coriander. Serve hot on a bed of chicory lettuce. Serves 6-8.

Jittery Cook