

Cauliflower Red Curry

Ingredients:

- 1 head cauliflower, chopped
- 1 onion, sliced
- 4 carrots, sliced
- 3 cloves garlic, chopped
- 1 stalk lemongrass, white parts
- 1-inch fresh ginger, peeled.
- 2 cans coconut milk, the thick part scooped out into a bowl
- 3 tbs [red curry paste](#)
- a dash of salt
- water, reserved
- 1 bunch spinach, stems removed, no need to chop
- 1 cup brown rice, already cooked

Instructions:

- Preheat the oven to 400F. Place the cauliflower, carrots, lemongrass, garlic, and ginger onto a baking pan. Roast the veggies for 15 minutes. They will not be thoroughly cooked.
- In a large stock pot, add a bit of oil and cook down the onions, adding water so they do not stick, for 20 minutes. Add the roasted garlic. Cook for five more minutes.
- Add the coconut cream, coconut milk, and curry paste. Stir well. Bring to a boil. Add the lemongrass stalk, ginger, and a dash of salt.
- Add the cauliflower and the spinach. Add enough water to bring it almost to the top of the vegetables. Stir.
- Simmer, covered, for 20 minutes. Check it every now and again.
- Taste it. Season as needed.
- Stir in the brown rice and serve in bowls.

Notes:

*You can omit the brown rice from this recipe if you would like to cut out extra carbohydrates.

**Feel free to add in extra veggies such as bell peppers, celery, mushrooms, cabbage, etc...it won't make a major difference in the calories.

***Consider adding in tofu, shrimp or chicken to this recipe for a protein boost.

Nutrition Facts	
Servings 6.0	
Amount Per Serving	
calories	418
% Daily Value *	
Total Fat	9 g 14 %
Saturated Fat	7 g 35 %
Monounsaturated Fat	0 g
Polyunsaturated Fat	1 g
Trans Fat	0 g
Cholesterol	0 mg 0 %
Sodium	401 mg 17 %
Potassium	1393 mg 40 %
Total Carbohydrate	75 g 25 %
Dietary Fiber	9 g 34 %
Sugars	9 g
Protein	16 g 33 %
Vitamin A	254 %
Vitamin C	191 %
Calcium	39 %
Iron	32 %