

CAULIFLOWER-THORAN



INGREDIENTS

for 4 servings

- 1 head of cauliflower
- 2 red onions, chopped
- 5 cloves of garlic, minced
- 2 bell peppers, diced
- 2 medium carrots, diced
- ½ leek, sliced
- 1 tsp. ginger, minced
- 1 tsp. black mustard seeds*
- 3 tsp. turmeric, ground*
- 1 tsp. cumin seeds, ground*
- 50g coconut flakes
- 6 tbsp. oil
- Salt

PREPARATION

1. Grate the cauliflower and mix it with some salt and turmeric.
2. Heat oil in a pan and fry the mustards seeds until they start popping.
3. Add the onion, garlic and bell pepper and fry everything for a few minutes.
4. Now add the carrots, the slices of leek and the cauliflower mixture.
5. Spread cumin and the coconut flakes on top and let everything steam for 5 minutes with the lid closed. Add some salt if necessary.

* You can find these ingredients in big supermarkets or Asian grocery stores.

Enjoy your meal!

HEALTH TIPS

The cauliflower causes this dish to reduce Kapha and to balance Pitta. Bell pepper has an anti-inflammatory effect and coconut soothes and replenishes the liver. Additionally mustard seeds are detoxifying and support the digestion.



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