

Flat Bread, Pea & Paneer Fritters, Curry Roasted Cauliflower, Curried Lentil & Pea Dahl and Natural Yoghurt

Ingredients

- 1 Large cauliflower
- 1 Bag frozen peas
- 1 Block paneer
- 1 Bag Coriander
- 200g Plain flour
- 3 Eggs
- 180g Self raising flour
- Salt
- 1 Large tub natural yogurt
- 1 Tin chopped tomato
- 1 Tin coconut milk
- Curry powder
- 1 Onion, finely diced
- Vegetable stock cube
- Lukewarm water
- Oil
- 200g Dried red lentils

Method

1. Place 200g of plain flour into a bowl, add $\frac{1}{4}$ teaspoon salt, mix well, then add 100ml lukewarm water and mix.
2. To this mixture, add 2 tablespoons of oil and mix to form a smooth dough, you will need to knead the dough for about 4-5 minutes, then wrap the dough in cling film to rest for a good 30-40 minutes.
3. In a food processor, place the 180g of self-raising flour, a teaspoon of curry powder, half the coriander, 200g of defrosted peas and the 3 eggs. Blitz in the food processor until a batter is formed, then add a little salt and fold in the remaining peas and crumbled paneer.
4. Cut the cauliflower into florets. Take half the natural yoghurt with 1 tablespoon of curry powder and mix well, then coat the cauliflower florets with this mixture and place them in the oven 170°C until the cauliflower is cooked to your liking.
5. In a saucepan, place a little oil and put on a medium heat, add the chopped onion and cook gently. Add a heaped teaspoon of curry powder and let the flavours cook out, being careful not to burn the spices.
6. Add the lentils, the tin of tomatoes and the coconut milk and about a cup of water to the saucepan. Let this cook out until lentils are just cooked and the liquid has been absorbed, then add about 100g of peas and the rest of the chopped coriander. Place everything in a serving bowl and spiral with natural yoghurt.
7. Place a small amount of oil in a non-stick pan, put on a gentle heat and spoon in the fritter mixture (about a tablespoon per fritter) and cook until golden, then repeat until all the mixture is cooked.
8. Divide the flat bread dough into 8 balls, roll these out and cook in a pan until lightly browned on either side. Bring all the elements together on a serving platter and share.