



Ingredients

½ Cup Golden Lentils

1 Piece Naan Bread

13/4 Cups Light Coconut Milk

1/2 Cup Plain Greek Yogurt

1 Head Cauliflower

1 Lime

1 Yellow Onion

1 Large Bunch Cilantro

Knick Knacks

3 Tablespoons Rice Flour

1 1-Inch Piece Ginger

1/4 Cup Sweet Chili Sauce

2 Teaspoons Lentil Spice Blend

(Cumin Seeds, Brown Mustard Seeds, Cayenne Pepper & Ground Turmeric)

Makes: 2 servings

Prep Time: 15 minutes | Cook Time: 25-35 minutes





Prepare the ingredients & make the yogurt sauce:

Preheat the oven to 400°F. Wash and dry the fresh produce. Peel and small dice the onion. Peel and mince the ginger. Cut out and discard the cauliflower core; cut the head into bite-sized florets. Roughly chop the cilantro leaves and stems. Using a peeler, remove the green rind of the lime, avoiding the white pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter the lime. In a bowl, combine the **yogurt**, **lime zest** and a drizzle of olive oil; season with salt and pepper to taste.



Start the cauliflower:

While the lentils cook, in a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **cauliflower**; season with salt and pepper. Cook, stirring occasionally, 4 to 6 minutes, or until lightly browned and slightly softened. Add ½ **cup of water**; cook, stirring occasionally, 4 to 6 minutes, or until the water has cooked off. Add **the juice of 2 lime wedges**; cook, stirring frequently, 30 seconds to 1 minute, or until fragrant. Transfer to a large bowl. Wipe out the pan.



Toast the naan:

While the cauliflower cooks, carefully place the **naan** directly onto the oven rack. Toast 4 to 6 minutes, or until slightly crispy and warmed through. Remove from the oven and transfer to a cutting board. When cool enough to handle, quarter the toasted naan.



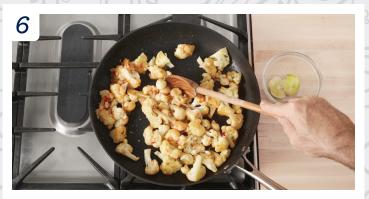
Cook the lentils:

In a small pot, heat 2 teaspoons of olive oil on medium-high until hot. Add the **onion** and **ginger**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until softened and fragrant. Add the **lentils** and **as much of the spice blend as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring frequently, 1 to 2 minutes, or until toasted and fragrant. Add the **coconut milk** (shaking the can just before opening) and ¾ **cup of water**. Heat to boiling on high; once boiling, reduce the heat to medium-high. Cook, stirring occasionally, 20 to 22 minutes, or until tender. Turn off the heat; season with salt and pepper to taste.



Coat & crisp the cauliflower:

While the lentils continue to cook, add the **flour** to the bowl of **cooked cauliflower**; season with salt and pepper. Carefully toss to coat. In the same pan, heat a thin layer of oil on medium-high until hot. Once the oil is hot enough that a pinch of flour sizzles immediately when added to the pan, add the coated cauliflower (tapping off any excess flour) in a single, even layer. Cook, stirring occasionally, 4 to 6 minutes, or until lightly browned and crispy. Season with salt and pepper.



Finish the cauliflower & plate your dish:

Add the **chili sauce** and **the juice of the remaining lime wedges** to the pan. Cook, stirring frequently, 30 seconds to 1 minute, or until coated; season with salt and pepper to taste. Divide the **cooked lentils** between 2 bowls; top with the cauliflower. Garnish with the **cilantro**. Serve with the **yogurt sauce** and **toasted naan**. Enjoy!