

CAULIFLOWER AND SWEET POTATO CURRY

(inspired by [*Chetna's Healthy Indian*](#))

2 tablespoons grapeseed oil, divided
1 medium size cauliflower, florets cut in small pieces
2 to 3 small sweet potatoes, cut in 1/2 inch pieces
1 teaspoon cumin seeds
1/2 inch piece fresh ginger, peeled and minced
1/3 cup tomato purée
1 tablespoon Sambal Oelek
1 tablespoon ground coriander
1 teaspoon salt
1 cup water
3/4 cup full-fat yogurt

Heat 1 tablespoon of grapeseed oil in a pan, add the cauliflower florets and sweet potatoes, a little sprinkle of salt, and cook on a medium-to-high heat until they start to brown. Remove to a bowl.

Add one more tablespoon of oil to the pan, heat and add cumin and ginger. Saute for 30 seconds to 1 minute, just until fragrant. Immediately add the tomato pure, Sambal Oelek, coriander and salt. Stir and keep in medium-heat. Mix the yogurt with water in a small bowl, then add to the pan, together with the reserved veggies.

Cover the pan and and simmer for about 20 minutes. If the sauce is too liquid, remove the lid and reduce it a bit before serving. Taste and adjust seasoning.