

Tandoori Cauliflower Wraps

With Korma lentils, Tomato chutney and Orange and garlic Yoghurt

Servings: 6

INGREDIENTS

FOR THE TANDOORI CAULIFLOWER

1 large cauliflower, broken into small florets
2 tbsp Knorr Professional Tandoori paste
A pinch of salt
A splash of water
80g butter, diced

FOR THE TOMATO CHUTNEY

100ml Hellmann's tomato ketchup
40ml Cider Vinegar
40g Golden brown sugar
1 tsp Black onion seeds
500g Mixed Tomatoes, cut into chunks
Salt

FOR THE KORMA LENTILS

400g Red lentils
800ml Water
10g Knorr Professional Garlic Puree
5g Knorr Professional Ginger Puree
2 tbs Knorr professional Korma paste
80g butter
Salt and paper

FOR THE GARLIC AND ORANGE YOGHURT

250 ml Natural yoghurt
Zest of half an orange
5g Knorr Professional Garlic Puree

OTHER INGREDIENTS

1 packet of Khobez Wraps
Some fresh mint and coriander



METHOD

FOR TANDOORI CAULIFLOWER

Put the florets into a bowl or a plastic bag then add the tandoori paste, water and salt. Give everything a squish together to make sure everything is coated then put in the fridge for at least 1 hour. Set the oven to 180oC
When marinated, put the Cauliflower on a roasting tray, dot with the butter and roast for 25mins till softened but still with a bit of bite.

FOR THE TOMATO CHUTNEY

Add the ketchup, vinegar, sugar and onion seeds to a pan then bring to a simmer.
Add the tomatoes and salt then cook over a low heat for 20-25 mins until the tomatoes are soft and jammy.

FOR THE KORMA LENTILS

Add everything to a pot, bring to a simmer and cook gently for 30 minutes, checking that nothing sticks to the bottom, until the lentils become a porridge consistency.
Check for seasoning.

FOR THE ORANGE AND GARLIC YOGHURT

Mix all ingredients together and reserve for service.

TO SERVE:

Warm the wraps, heat the cauliflower and the lentils and serve in separate bowls with the tomato chutney, yoghurt Serve on a platter to allow customers build their own wrap.

TOP TIP:

You could add some chicken tikka or lamb koftas to make this a meat friendly version and use the cauliflower leaves for zero waste. Can be served as a handheld option