



Cauliflower Leaf Curry

With cauliflower pakoras and Eggplant Dip

Recipe by Wajiullah Spiby



Serves 4-6



30 minutes

INGREDIENTS

- 100ml mustard oil
- 2 Large onions, sliced
- 1 Dsp. of whole veg spice mix
- 2 Stems of curry leaves
- 2 Tbsp. south Indian ground spice mix
- 300g Cauliflower leaves and stem, blanched and chopped
- 2 Tsp. sugar

DIRECTIONS

1. Sauté the onions in the mustard oil.
2. Add the spice mixes and curry leaves.
3. Add the tomatoes and water, simmer for ten minutes.
4. Add the cauliflower leaves and sugar, simmer until the leaves are tender, season to taste.



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Eggplant Dip

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INGREDIENTS

- 700g eggplant, peeled and diced
- 200g onions, diced
- 50g garlic cloves
- 150 ml mustard oil
- ½ bunch coriander, chopped
- 1 tbsp. Thai green chili paste
- Salt to taste
- 10 turns of black pepper
- 45ml virgin olive oil

DIRECTIONS

1. Place the eggplant, onions, garlic and mustard oil on a tray and roast at 180 degrees until eggplant is soft.
2. Blend until smooth.
3. Add the remaining ingredients, and season to taste.



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Cauliflower Pakora

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INGREDIENTS

- 1 medium cauliflower, cut into flowerets
- 1 cup chickpea flour
- 2 Tbsp pakora spice mix (Indian vegetable spice mix)
- Oil to fry

DIRECTIONS

1. Combine chickpea flour and spice mix with enough water to make a light batter and season to taste.
2. Mix Cauliflower pieces into batter, fry until crispy.
3. Serve with eggplant dip, curry and rice or as a snack on their own.



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