Koshari with Masala Spiced Chickpeas and Turmeric Roasted Cauliflower
Serves 6

Rice
Can be white, brown, mixed or easy-cook – allow 75g uncooked per person

Brown lentils
Allow 75g uncooked per person

Cauliflower
1 medium cauliflower
6tbsp rapeseed oil
1tsp ground cumin
1tsp smoked paprika
1tsp turmeric
Salt, to taste

Chickpeas
1 can chickpeas, drained, rinsed and blotted
2tbsp rapeseed oil
2tbsp garam masala
Salt, to taste

Fried onions
2 large onions
Rapeseed oil for frying

Tomato sauce
10 cherry tomatoes
3tbsp tomato purée
2tbsp red wine vinegar
100ml water
1 large onion
Rapeseed oil for frying
2–3 red chillis
3–4 cloves garlic

1 Preheat the oven to 200°C/400°F/Gas Mark 6.
2 Cook the rice and lentils according to packet instructions. Mix together when cooked and transfer to an oven-proof dish with a lid – reheat in oven when required.

Cauliflower
1 Trim the cauliflower into regular sized pieces.

2 Mix the remaining ingredients together in a large mixing bowl.
3 Tip the cauliflower pieces into the bowl and mix well.
4 Transfer to a roasting tray and roast for 20–30 minutes (depending on how soft you like your cauliflower and how big the pieces are).

Chickpeas
1 Mix the chickpeas with the oil, spices and salt, transfer to a baking tray and bake for 20 minutes, turning regularly.

Onions
1 Slice the two onions as finely as you can and fry in the oil until browned.

Sauce
1 Peel and roughly chop the onion. Place in a large frying pan with a little oil.
2 Peel and roughly chop the garlic, add to the pan.
3 Trim and finely chop the chillis and add to the pan.
4 Cook gently for a few minutes until onion begins to soften.
5 Quarter the tomatoes, add to the pan and cook for a few more minutes, stirring frequently, until tomatoes begin to soften.
6 Stir in the tomato paste, vinegar and water.
7 Simmer for 10 minutes, stirring frequently.

To assemble the dish
Place a portion of the rice and lentil mixture on each plate, top with tomato sauce and onions. Add a portion of the masala spiced chickpeas and the turmeric-roasted cauliflower.