



# MADELEINE'S WHOLE BAKED CAULIFLOWER

20 MINS  
PREP

SERVES  
4-5

NUT  
FREE

VEGGIE

STAGE 2

This simple cauliflower recipe is perfect for you and your little one during stage 2 weaning!

The cauliflower goes brilliantly with our simple dahl recipe! All you have to do is: add 3 parts water to 1 part dried red lentils (150g for a family of four), as well as a teaspoon of turmeric to a medium-sized saucepan.

Bring to the boil and then simmer for 10 mins before adding one diced tomato, and continue to simmer until it takes on the consistency of porridge, usually a further 10 – 15 mins, adding more water if necessary.

When ready, get a small frying pan and heat some coconut oil. Once hot, add the cumin (1/2 tsp), crushed coriander seeds (1/2 tsp) garlic (2 cloves), ginger (3cm grated) and cook until aromatic, approximately 30seconds. Add to the lentils and cook for a further 5 minutes.

Serve with broken off cauliflower florets for the perfect finger food accompaniment.

## WHAT YOU NEED

- 1 cauliflower
- A squeeze of Babease vegetable Kerala curry pouch
- 2 tbsp of olive oil
- 1 tsp of cumin seeds
- 2 tbsp of yogurt

## WHAT TO DO

1. Mix the yoghurt, vegetable kerala curry pouch and cumin seeds together.
2. Rub the mix into the cauliflower until well covered.
3. Place in the oven at 200c and bake for 1 hour.

