

## T E N D I N G the T A B L E

### *Curried Black Lentils with Roasted Cauliflower*

Serves 2

#### INGREDIENTS

4 tablespoons olive oil, divided  
1/2 yellow onion, diced  
1 tablespoon plus 1 teaspoon curry powder  
1 teaspoon dried oregano  
1 teaspoon coconut sugar  
1 20-oz can fire roasted, crushed tomatoes  
1/4 cup full-fat coconut milk  
1 cup black lentils  
2 bay leaves  
2 cloves garlic  
1 head cauliflower, cut into 1-2 inch steaks  
cilantro to garnish

#### PROCEDURE

Preheat the oven to 350°F.

Heat 2 tablespoons of oil in a skillet over medium heat.

Saute the onion until translucent. Add the curry powder, oregano, and coconut sugar and fry until fragrant.

Add the tomatoes and coconut milk and stir to combine.

Transfer the curry to a high-speed blender and puree until completely smooth.

Meanwhile place the lentils, bay leaf, and garlic in a small pot, cover with cold water and bring to a boil. Turn the heat down and simmer for 25-30 minutes until the lentils are cooked through, but not mushy. Remove from the heat, drain the lentils, discarding the bay and garlic, and set aside.

Heat a non-stick skillet over medium high. Add the remaining 2 tablespoons oil. Season the cauliflower steaks with salt and pepper then sear until golden brown on both sides.

Transfer to a rimmed baking sheet and roast until tender, 15-20 minutes.

Serve the curry and lentils with the cauliflower and chopped cilantro.