

Indian Curry Cauliflower with Peas and Carrots

Ingredients:

- 1 large head of Cauliflower
- ¼ cup frozen Peas
- ¼ cup frozen Carrots
- 2 large Potatoes
- 2 TBL Extra Virgin Olive Oil
- 1 TBL Curry power
- 1 tsp Mustard Seeds
- 1 tsp Cumin Seeds
- ¼ tsp Sea Salt
- ¼ tsp Black Pepper
- ¼ tsp Red Pepper Flakes (optional)

Directions:

Preheat the Oven to 400 degrees.

Wash and chop the cauliflower into bite-sized florets. Place onto a greased roasting pan with peas, carrots, potatoes extra virgin olive oil, curry powder, mustard seeds, cumin seeds, sea salt, black pepper, and red pepper flakes. Place into a hot oven for 30 to 35 minutes. When the cauliflower is browned and tender, remove from the oven and allow to sit for 5 minutes. Place into a serving bowl and enjoy.