

Vegan Coconut Tomato Lentils with Roasted Cauliflower

Roasted Cauliflower in Coconut Tomato Sauce with Lentils



OVEN
425°F

TIME
40 min

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INGREDIENTS

- ¾ tsp ground turmeric
 - 1 tsp ground cumin
 - ½ tsp ground chili
 - ½ tsp ground coriander
 - ... tsp ground cinnamon
 - ... tsp ground fenugreek
 - ... tsp fennel seeds
 - 1 medium cauliflower, cut into florets
 - 4 tbsp olive oil
 - Sea salt and black pepper, to taste
 - 1 large shallot, diced
 - 2-inch piece of fresh ginger, minced
 - 3 garlic cloves, minced
 - ½ cup split red lentils
 - 1 cup crushed tomatoes
 - 1 cup full-fat coconut milk
 - 3 cups vegetable stock
 - 1 tbsp lime juice
 - Fresh cilantro, for garnish
 - Nigella seeds, for garnish (optional)
- Swaps and Notes:
- No fenugreek? Skip or substitute with a small pinch of mustard seeds.
 - Fennel seeds add a subtle sweetness-optional but recommended.
 - Red lentils cook quickly; green or brown lentils

can be used, but adjust the cook time.

Use light coconut milk for a lower-fat option.

Spice Level: Adjust the chili to taste or add fresh chili for more heat.

Step-by-Step Directions:

Preheat the oven to 425°F (220°C).

In a small bowl, mix all your spices: turmeric, cumin, chili, coriander, cinnamon, fenugreek, and fennel seeds.

Toss cauliflower florets with 2 tablespoons of olive oil, half the spice mix, and salt and pepper. Spread on a baking sheet and roast for 40 minutes, until deeply golden and crispy.

In a large pot, heat 2 tablespoons olive oil over medium heat. Sauté the shallots until translucent.

Stir in remaining spices, along with the minced ginger and garlic. Cook for 1-2 minutes until fragrant.

Add the lentils, crushed tomatoes, coconut milk, and vegetable stock. Stir and bring to a boil.

Reduce heat and simmer uncovered for 25 minutes, stirring occasionally, until lentils are tender and the sauce is creamy.

Stir in lime juice, and season to taste with salt and pepper.

DIRECTIONS

1. Preheat the oven to 425°F (220°C).
2. In a small bowl, mix all your spices: turmeric, cumin, chili, coriander, cinnamon, fenugreek, and fennel seeds.
3. Toss cauliflower florets with 2 tablespoons of olive oil, half the spice mix, and salt and pepper. Spread on a baking sheet and roast for 40 minutes, until deeply golden and crispy.
4. In a large pot, heat 2 tablespoons olive oil over medium heat. Sauté the shallots until translucent.
5. Stir in remaining spices, along with the minced ginger and garlic. Cook for 1-2 minutes until fragrant.
6. Add the lentils, crushed tomatoes, coconut milk, and vegetable stock. Stir and bring to a boil.
7. Reduce heat and simmer uncovered for 25 minutes, stirring occasionally, until lentils are tender and the sauce is creamy.
8. Stir in lime juice, and season to taste with salt and pepper.
9. Optional: Use an immersion blender to blend part or all of the sauce for a smoother texture.
10. Gently stir in the roasted cauliflower, and let it warm through for a few minutes.
11. Serve hot, garnished with chopped cilantro and a sprinkle of nigella seeds.
12. Tips for Success: Roast the cauliflower until it's deeply caramelized for the best flavor contrast.
13. Stir the lentils occasionally to prevent sticking.
14. If you blend the sauce, reserve some roasted cauliflower to top for texture.

15. Make it a complete meal with naan, rice, or flatbread.
16. Serving Suggestions & Pairings: This hearty dish shines on its own but also pairs beautifully with:
17. Warm naan or roti
18. Fluffy basmati rice or brown rice
19. A simple side like cucumber raita or a crisp green salad
20. Sip alongside : This Tomato Skillet with Okra and Sausage (for a meaty twist at the table!)
21. Storage and Leftover Tips: Refrigerate leftovers in an airtight container for up to 4 days.
22. Freezes well for up to 2 months-just reheat gently with a splash of stock.
23. The flavors deepen over time, so it's even better the next day!
24. More Recipes You Will Love: Looking for more bold, comfort-filled meals? These are sure to please:
25. These : Easy Turkey Wings

SWAPS & NOTES

Skip or substitute with a small pinch of mustard seeds.

Fennel seeds add a subtle sweetness-optional but recommended.

Red lentils cook quickly; green or brown lentils can be used, but adjust the cook time.

Use light coconut milk for a lower-fat option.

TIPS FOR SUCCESS

Roast the cauliflower until it's deeply caramelized for the best flavor contrast.

Stir the lentils occasionally to prevent sticking.

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More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/vegan-coconut-tomato-lentils-with-roasted-cauliflower/>