



Good Living / Savory

Cauliflower ragout

15'

Hands on

25'

Cook Time

4-6

Portion(s)

1

Difficulty



Ingredients

- 1 cauliflower
- 3 potatoes, medium
- 2 onions, medium
- 2 tablespoon(s) olive oil
- salt
- 400 g canned tomatoes
- 1 vegetable bouillon cube
- 1 teaspoon(s) cinnamon
- 1/4 teaspoon(s) cloves
- pepper

To serve

- 1 spring onion, finely chopped
- 1/4 bunch coriander, finely chopped

Διατροφικός πίνακας

Nutrition information per portion

275 Calories (kcal)	5.8 Total Fat (g)	1.1 Saturated Fat (g)	44.0 Total Carbs (g)
14%	8%	6%	17%
14.0 Sugars (g)	9.7 Protein (g)	8.6 Fibre (g)	0.21 Sodium (g)
16%	19%	34%	4%

Method

- Cut the cauliflower into small florets.
- Chop the potatoes into 2 cm cubes.
- Finely chop the onions.
- Place a **pot** over medium heat and add the olive oil.
- Add the finely chopped onion to the pan and sauté for 3-5 minutes, until they soften.
- Add the potatoes and cauliflower. Season with salt, mix and sauté for about 6-8 minutes.
- Add the tomato juice, vegetable bouillon cube and water, just enough to cover the cauliflower a little but not so that it is completely submerged.
- Add the cinnamon, cloves and pepper. Allow the mixture to boil for 20-25 minutes, until the vegetables soften and the sauce thickens a little.
- Season to taste and serve with fresh onions and fresh coriander.