Cauliflower and Butter Bean Curry Bake

One 8×12 in (20×30 cm) dish, at least 3 qt/2.8 L;4 portions with 1 small flatbread each · Active 35 min · Total 1 hr 25 min

Ingredients

- 1 lb 5 oz cauliflower, cut into bite-size florets (600 g prepared)
- 2 tablespoons neutral oil (30 ml), divided
- 1 medium onion, finely chopped (150 g)
- 2 garlic cloves, finely chopped (6 g)
- 1 tablespoon mild curry powder (8 g; check label)
- 1 1/4 cups plain passata (300 ml)
- 1/2 cup low-sodium vegetable stock (120 ml)
- 3/4 cup plus 1 tablespoon unsweetened canned coconut milk (200 ml), stirred smooth
- 2 cans butter beans, drained and rinsed (1 lb 1 oz/480 g drained total)
- 1/4 teaspoon fine salt (1.5 g)
- 1/4 teaspoon black pepper
- 1 tablespoon fresh lime juice (15 ml)
- 2 tablespoons chopped cilantro/coriander leaves (8 g)
- 4 small plain wholegrain flatbreads (160 g total)

Set out

Oven, 8×12 in (20×30 cm) baking dish, at least 3 qt/2.8 L, Two rimmed baking sheets, 12-in/30-cm skillet, Broad spoon, Small bread tray, Food thermometer

Allergens

Wheat in flatbread, Curry blends may contain mustard or other allergens; check all labels, Coconut: individual allergy is possible. Check labels and substitutions.

Make it

1. Heat oven to 425°F (220°C). Toss cauliflower with 15 ml oil and spread in one layer across the two sheets. Roast 20–25 minutes, turning once, until edges color and stems are nearly tender.

2. Meanwhile heat remaining 15 ml oil in the skillet over medium-low heat. Soften onion 8–10 minutes. Add garlic and curry powder and stir 30 seconds. Add passata, stock and coconut milk; simmer 8–10 minutes until lightly coating.

3. Fold butter beans, salt and pepper into the sauce and heat 3 minutes. Take off heat, stir in lime juice and cilantro, then gently fold in roasted cauliflower. Lower oven to 400°F (205°C). Spread hot mixture in the baking dish and place it on a rimmed sheet.

4. Bake 20–25 minutes until the center and several other spots reach 165°F (74°C) and edges bubble. Warm flatbreads on their tray for the last 2–3 minutes according to their label. Rest the bake 5 minutes and serve four portions, each with one flatbread.

A sauce pan rather than a covered crust

The cauliflower’s browned edges stay visible. No extra cheese or crumbs are needed to signal that this is a baked supper; the shallow dish and hot shared sauce supply that connection.

A useful detail

The 85-minute total includes preparing florets, their roast overlapping sauce preparation, assembly, up to 25 minutes baking and rest. Use a mild prepared curry blend rather than assuming every similarly named powder has the same heat or allergens.

Keep it well

Refrigerate shallow portions within 2 hours, or 1 hour above 90°F (32°C), at 40°F (4°C) or below. Use within 3 days or an earlier opened-ingredient deadline. Reheat to 165°F (74°C). Freeze promptly cooled curry portions for up to 2 months for quality; thaw in the refrigerator. Keep flatbread separate and follow its label.