

## Caribbean Moambe

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### Ingredients:

1 cup rice  
1 head cauliflower, cut into florets  
2 tsp curry powder (divided in half)  
2 onions, chopped  
6 garlic cloves, chopped & divided in half  
2-3 TBSP peanut oil  
4 small dried red chile peppers  
1 bay leaf  
1 cup vegetable broth  
2 cups tomato sauce  
Optional ¼-½ tsp cayenne to taste  
2 bunches or packages spinach, chopped  
⅓ cup peanut butter  
Juice of 1 lemon  
Salt to taste

### Instructions

1. Preheat oven to 450 degrees. Make rice per package.
2. In a dutch oven or large pot, brown the onions and half of the garlic in 1-2 TBSP peanut oil. Add chile peppers, bay leaf, 1 tsp curry powder, broth, tomato sauce and hot seasoning. Cover, reduce heat and simmer for about 45 minutes. Stir only occasionally
3. Meanwhile, toss the cauliflower with 1 TBSP peanut oil and 1 tsp curry powder. Salt to taste. Roast for 15-20 minutes. Test doneness and set aside.
4. Add spinach to the tomato mixture. Cook for 5-10 minutes until spinach is cooked through. Add peanut butter, stirring to be sure it all melts in smoothly. Add lemon juice and cauliflower, then taste for seasoning. Add salt and hot seasoning to taste. Serve with rice.

