

VEGETARIAN AND PRIMAL - ONE MORE RECIPE

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Jan has turned into a far more manic month than I had envisioned. So I've been away from my computer. Which is why I'm going to take the easy way out and continue with last week's post on vegetarian primal desi food. My brother - [Apurva Mehta](#) - a long time advocate of the primal life and a fellow carnivore - has recently started cooking vegetarian food, thanks to the entrance of a vegetarian significant other in his life.

Here's another nice recipe with a desi touch with the addition of flat bread so you won't miss the roti. **Paleo flat bread with roasted cauliflower**

Paleo bread : Start with the regular [paleo bread recipe](#). Bake for 20 mins. Then sprinkle the finished bread with some olive oil, shredded mozzarella cheese, diced tomatoes, salt and pepper, and sprinkle fresh *pudina* (mint).

Put oven on broil and let the topping cook slightly for a minute or so.

Roasted cauliflower : Cut a whole cauliflower. Mix in 1 tsp of diced fresh ginger. Sprinkle salt, pepper, coriander, and clove powder, add 2 tsp of olive oil and mix everything. put in a roasting pan and bake at 180 degrees for 30 mins.

Feel free to make this paleo flat bread with any veggie of your liking.

Thanks for reading and let me know how it turns out.

Also read : The South Asian Health Solution by Dr Ronesh Sinha (link on left side panel)

