



aloo gobi

served with
jeera rice
& **raita** (see part 2)

recipe created by



ingredients (serves 2)

- 3 tablespoons of oil
- 1 teaspoon of cumin seeds
- 1 teaspoon of chopped garlic
- 1 onion (diced)
- 1 teaspoon of chopped ginger
- 3 tablespoons of chopped tomatoes
- 1 teaspoon of salt
- 1 teaspoon of turmeric
- half teaspoon of garam masala
- 1 small cauliflower (chopped into nice chunks)
- 1 medium potato (chopped into small pieces)
- 1 green chilli (finely cut) (optional)
- coriander to garnish

method

- ♥ warm oil in a good sized pan
- ♥ add cumin & wait for it to sizzle
- ♥ add garlic & cook for 1 minute
- ♥ add onions & wait until they are translucent
- ♥ add ginger & cook for further 2 minutes
- ♥ add salt, turmeric, tomatoes & garam masala - cook for about 2 minutes
- ♥ add chopped cauliflower and potatoes & stir
- ♥ place lid over pan & allow to cook for approximately 30 minutes on a medium heat, stirring occasionally
- ♥ the food will be ready when the potatoes are soft
- ♥ garnish with coriander & serve!