

Indian Butter Cauliflower (Vegan)

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/stuffed-cauliflower-recipe-indian-style>

Ingredients:

- 1/2 teaspoon Garam Masala
- 1/4 teaspoon ground ginger
- 1/4 teaspoon chili powder
- 1/4 teaspoon curry powder
- 1 head cauliflower about 3 to 4 cups florets, cut into florets
- 2 tablespoons coconut milk Just take from the can before you pour it in
- 3 teaspoons coconut oil
- 1 1/2 tablespoons coconut oil
- 1 small onion diced
- 1 tablespoon Garam Masala
- 1/2 teaspoon chili powder
- 1/2 teaspoon ground black pepper
- 1 teaspoon curry powder
- 1 teaspoon sea salt
- 14 ounces coconut milk minus the 2 tablespoons for the marinated cauliflower
- 6 ounces tomato paste
- 1 lime about 1 tablespoon

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 24 grams
3. Fat: 31 grams
4. Fiber: 8 grams
5. Protein: 7 grams
6. SaturatedFat: 27 grams
7. Sodium: 880 milligrams
8. Sugar: 11 grams

Thank you for visiting our website. Hope you enjoy Indian Butter Cauliflower (Vegan) above. You can see more 17 stuffed cauliflower recipe indian style Get cooking and enjoy! to get more great cooking ideas.