

# Cauliflower Mellun (Sri Lankan Curry)

Yield: 6 min  
Total Time: 30 min

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

## Ingredients:

- 1 head cauliflower
- 1 onion medium
- 1/2 teaspoon ground turmeric
- 1 teaspoon cumin seeds
- 1 teaspoon mustard seeds
- 1 piece cinnamon
- 12 curry leaves
- salt
- black pepper
- 5 whole dried chilies broken in half
- 1/2 cup coconut desiccated
- 2 green chilies
- 17 curry leaves
- 4 cloves garlic
- 1 teaspoon mustard seeds
- 1 teaspoon fennel seeds
- 2 tablespoons water

## Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 13 grams
3. Fat: 3 grams
4. Fiber: 5 grams
5. Protein: 3 grams
6. SaturatedFat: 2 grams
7. Sodium: 170 milligrams
8. Sugar: 4 grams

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