

Aloo Gobi (Indian Spiced Potatoes and Cauliflower)

Yield: 4 min
Total Time: 35 min

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

Ingredients:

- 400 grams potatoes I prefer to use a waxy variety like Yukon Golds, peeled and chopped into quarters
- 1 head cauliflower broken into florets
- 1 onion halved and sliced
- 2 cloves garlic crushed
- 2 tablespoons grated ginger finely
- 2 teaspoons cumin
- 2 teaspoons coriander
- 1 teaspoon turmeric
- 1/2 teaspoon amchoor use a little lemon juice if you can't get this
- 1/2 teaspoon Garam Masala
- 1/2 teaspoon chilli flakes
- 1/4 cup passata
- 1 tablespoon tomato paste
- salt
- black pepper
- 1 tablespoon ghee or another oil of choice
- fresh coriander cilantro, chopped, to serve

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 33 grams
3. Fat: 3 grams
4. Fiber: 8 grams
5. Protein: 7 grams
6. Sodium: 350 milligrams
7. Sugar: 7 grams

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