

Chickpea, Cauliflower and Potato Curry

Yield: 4 min
Total Time: 50 min

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

Ingredients:

- 1 tablespoon olive oil
- 1 yellow onion large, finely chopped
- 2 serrano chilies chopped
- 1 piece fresh ginger about 6 inches long and 1 inch in diameter, peeled and minced
- 1 teaspoon cumin seeds
- liquid
- 2 cans chickpeas
- 14 1/2 ounces diced tomatoes
- juices
- 1 tablespoon fresh lime juice
- 3/4 teaspoon garam masala
- 1/4 teaspoon ground turmeric
- 1 inch florets
- 1/2 head cauliflower
- 2 yukon gold potatoes cut into 1/2-inch pieces
- 1 cup water plus more as needed
- coarse kosher salt
- freshly ground pepper
- cooked rice for serving, optional
- 1/3 cup fresh cilantro minced

Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 84 grams
3. Fat: 6 grams
4. Fiber: 16 grams
5. Protein: 18 grams

6. SaturatedFat: 0.5 grams
 7. Sodium: 900 milligrams
 8. Sugar: 11 grams
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