

Aloo Gobi

Yield: 5 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/west-indian-chicken-and-potato-roti-recipe>

Ingredients:

- 1 cauliflower head medium, cut into florets
- 1 medium potato bite sized chunks
- 1 small onion thinly sliced
- 1 medium tomato chopped
- 1/4 teaspoon fenugreek seeds optional
- 1 teaspoon cumin seeds
- 1/2 teaspoon chilli powder Kashmiri
- 1/2 teaspoon turmeric powder
- 1 teaspoon coriander powder
- 1 teaspoon salt
- 1/2 teaspoon ginger finely chopped, optional
- 4 tablespoons cooking oil
- 3 sprigs fresh cilantro chopped, optional

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 15 grams
3. Fat: 11 grams
4. Fiber: 4 grams
5. Protein: 4 grams
6. SaturatedFat: 1 grams
7. Sodium: 510 milligrams
8. Sugar: 4 grams

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