

Indian-Style Potato and Cauliflower Curry

Yield: 2 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-cauliflower-recipe-with-coconut-milk-and-lemon>

Ingredients:

- 2 onions
- 2 garlic cloves
- 1 pound waxy potatoes
- 1 pound cauliflower
- 1 chile pepper green
- 1 tablespoon olive oil
- 1 teaspoon mustard seeds
- 1 teaspoon cumin seeds
- 2 teaspoons Madras curry powder
- salt
- pepper
- 1 cup vegetable broth
- 3/4 cup coconut milk 9% fat
- 1/2 lemon
- 4 sprigs cilantro

Nutrition:

1. Calories: 600 calories
2. Carbohydrate: 75 grams
3. Cholesterol: 5 milligrams
4. Fat: 31 grams
5. Fiber: 17 grams
6. Protein: 16 grams
7. SaturatedFat: 20 grams
8. Sodium: 1050 milligrams
9. Sugar: 15 grams

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