

Cauliflower Curry | Gobi Curry | Aloo Gobi Matar

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 3 medium potatoes peeled and cubed
- 1/2 cauliflower cut into medium-sized florets
- 1 teaspoon cumin whole
- 1 tablespoon vegetable oil
- 1 large onion finely chopped
- 1 tablespoon ginger garlic paste or use grated fresh ginger and garlic
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon chili powder Kashmiri
- 1 teaspoon Garam Masala
- 1/2 teaspoon coriander powder
- 2 medium tomatoes blended in a food processor, or substitute with tinned tomatoes
- 1/3 cup peas frozen
- salt unchecked?, to season
- 1/3 cup coconut milk see notes
- 1/2 cup water

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 40 grams
3. Fat: 9 grams
4. Fiber: 7 grams
5. Protein: 7 grams
6. SaturatedFat: 4.5 grams
7. Sodium: 240 milligrams
8. Sugar: 7 grams

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