

Vegan Cauliflower Potato Curry | Indian Aloo Gobi

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 1 cauliflower head large
- 3 potatoes – 5 med
- 1/4 cup green peas
- 10 tablespoons vegetable oil for shallow frying vegetables, optional
- 4 tablespoons vegetable oil for curry
- 1 teaspoon cumin seeds
- 3 onion finely chopped
- 1 tomato finely chopped
- 1 inch ginger minced
- 6 garlic pods minced
- 1 green chilli
- 2 teaspoons coriander powder
- 1 teaspoon chilli powder or 1 tsp paprika and/or cayenne pepper
- 1/2 teaspoon cumin powder
- 1/2 teaspoon turmeric powder
- 1/4 teaspoon curry powder
- salt to taste
- 1 pinch black pepper powder
- 1 teaspoon kasuri methi dried fenugreek leaves – optional

Nutrition:

1. Calories: 640 calories
2. Carbohydrate: 47 grams
3. Fat: 48 grams
4. Fiber: 10 grams
5. Protein: 9 grams
6. SaturatedFat: 3.5 grams

7. Sodium: 260 milligrams
 8. Sugar: 10 grams
 9. TransFat: 1.5 grams
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