

Indian “Burritos” with Curried Cauliflower.

Yield: 5 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/whole-wheat-flatbread-recipe-indian>

Ingredients:

- 3 tablespoons canola oil
- 1 piece fresh ginger peeled and grated
- 1 1/2 tablespoons curry powder
- 1 head cauliflower florets cut into bite-sized pieces
- kosher salt
- 1 yellow onion finely chopped
- 4 garlic cloves thinly sliced
- 1 serrano chile halved and seeded, optional
- 8 ounces purple potatoes mixture of red-skinned and, cut into small dice
- 1 cup low sodium vegetable broth chicken broth, or water
- 1 cup peas shelled fresh or frozen baby
- 1 cup black beans
- 1/2 cup chopped fresh cilantro roughly
- 6 whole wheat flatbreads soft, such as rota, lavash, or tortilla, warmed or toasted
- plain whole-milk yogurt or sour cream, for garnish, optional
- chutney or apricot jam, for garnish, optional
- fresh cilantro More, if desired

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 50 grams
3. Fat: 14 grams
4. Fiber: 8 grams
5. Protein: 7 grams
6. SaturatedFat: 2 grams
7. Sodium: 450 milligrams
8. Sugar: 12 grams

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