

Aloo Gobi (Indian-Spiced Potatoes & Cauliflower)

Yield: 5 min
Total Time: 40 min

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

Ingredients:

- 3 tablespoons ghee or sub coconut oil or peanut oil– but ghee tastes best!
- 1 shallot chopped
- 4 cloves garlic chopped
- 1 teaspoon fresh ginger finely chopped
- 1 serrano chile split down the middle, stem intact
- 8 curry leaves optional
- 2 teaspoons cumin seeds whole
- 1 teaspoon black mustard seeds
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon paprika or chili powder
- 1/2 teaspoon asafoetida
- 1 teaspoon ground coriander
- 1 medium tomato finely diced, with juices
- 3/4 cup water
- 1 teaspoon salt
- 2 cups diced potatoes 3/4 inch dice
- 1 head cauliflower cut into small bite-sized florets, about 5 cups
- cilantro Garnish:, or scallions, optional

Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 13 grams
3. Fat: 7 grams
4. Fiber: 3 grams
5. Protein: 4 grams
6. Sodium: 520 milligrams
7. Sugar: 3 grams

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