

Aloo Gobi

Potato Cauliflower Vegetable Curry



Ingredients

1 small cauliflower
2 potatoes, peeled cut into
4cm cubes
2 tbsp mustard oil
1 tsp mustard seeds
1 tsp cumin seeds
1 onion, finely chopped
2 cloves garlic, finely
chopped
200g/½ tin tomatoes
1 tbsp ginger, grated
1 tsp salt
1 tsp turmeric
1 chilli, finely chopped
1 tsp dried fenugreek
1 tsp garam masala
Handful chopped fresh
coriander

Method

- 01** Prepare your cauliflower by cutting into florets, wash and drain. Ensure it's thoroughly dry before cooking.
- 02** Heat the oil in a karahi and add the mustard seeds. Once sizzling add the cumin seeds.
- 03** Add the onions and garlic then fry until soft and lightly browned.
- 04** Once browned reduce the heat a little and add the tomatoes, ginger, salt, turmeric, chilli and dried fenugreek leaves.
- 05** Continue to cook so the onions and tomatoes melt together to create a thick, aromatic masala paste.
- 06** Add the potatoes and stir to coat with the sauce.
- 07** Reduce the heat, cover the pan with the lid and leave to cook for 10 minutes, stirring occasionally.
- 08** Add the cauliflower and stir into the sauce to coat. Replace lid and leave to cook for a further 25-30 minutes until cooked.
- 09** Turn the vegetables occasionally but do not stir too vigorously as you don't want the cauliflower or potato to turn mushy. Once cooked sprinkle with garam masala and fresh coriander before serving.

Served with

As a side or a main I like to eat aloo gobi with either a roti or the slightly more indulgent parantha to scoop up the soft florets and potatoes. Often eaten as breakfast in India it is beautiful with a hot lime or lemon pickle.



More on this recipe

<http://www.harighotra.co.uk/aloo-gobi-recipe>