Aloo Gobi (Spicy Potato and Cauliflower)

Overview

Difficulty: Easy

Servings: 4

Preparation Time: 25 minutes

Cooking Time: 40 minutes

Ingredients

500ml Vegetable Stock

2 Medium Potatoes

5g Black Mustard Seeds

5g Fresh Turmeric

10g Coriander Leaves

15g Ginger

20g Garlic

30g Onions

300g Cauliflower

2 Tablespoons Softened Butter

1 Teaspoon Chilli/Cayenne Powder

1 Teaspoon Garam Masala

1 Teaspoon Paprika

2 Pinches Cumin Seeds

To Taste Salt

To Taste Pepper

Methods

Step 1

Prepare vegetables by cutting potatoes into cubes and the cauliflower into florets.

Step 2

Using the Hand Blender, blend the onions, ginger, turmeric, garlic, and cumin seeds into a paste.

Step 3

In a lightly heated medium-sized pot, melt butter and fry the blended paste for about 10 minutes or until slightly dry and fragrant.

Step 4

Add in the black mustard seeds, potato cubes, and cauliflower florets. Stir well, and sauté the vegetables, coating them with the paste.

Step 5

Add in the paprika, garam masala, chilli or cayenne powder, and season with salt and pepper. Then, add in the vegetable stock and the coriander leaves and stir for 5 minutes.

Step 6

Bring to boil, then reduce heat and let is simmer for 20 minutes. Bring to a boil. Once boiling, lower the heat and simmer for about 20 minutes or till vegetables are soft.

Step 6

AServe with naan on the side.