

Spice by the bay's Aloo Gobi

Spice by the bay vegetarian catering services

~<http://www.spicebythebay.com>

Servings: 6

REQUIRED INGREDIENTS

1 large Cauliflower
4 medium Potatoes
1 teaspoon turmeric
1 whole green chile, sliced
1 piece ginger, cut 1/2"
thick
2 teaspoons cumin seed
2 tablespoons garam
masala
2 tablespoons oil
Salt, to taste
1 bunch coriander leaves,
finely chopped
Goes well with dal and
paratha

Cuisine: Indian

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Cut Cauliflowers into flowerets and cube potatoes

Heat oil in a skillet and when oil is hot add turmeric, cumin seeds, ginger and green chile

To the skillet add cauliflower, potatoes. Reduce heat to medium, add salt, garam masala stir and cover.

Cook untill vegetables are tender. (about 20 mins)

Garnish with coriander leaves and serve hot.

*Cauliflower and Potatoes
in Garam Masala*

Per Serving (excluding unknown items): 119 Calories; 5g Fat (35.7% calories from fat); 2g Protein; 18g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 13mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1 Fat.