

Dry Potato and Cauliflower Curry (Aloo Gobi)



Makes:

5 servings

Utensil:

Saladmaster Food Processor
11" Large Skillet with Cover

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Recipe:

Contributed By:

Raj and Kewal Singh
Saladmaster Consultants

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1 medium
cauliflower head, diced
1 medium
onion, sliced, use Cone #4
3 cloves garlic, shredded, use Cone #1
1 tomato, chopped
2 medium potatoes, diced
3 green chilies, chopped
 $\frac{1}{4}$ - $\frac{1}{2}$ teaspoon
garam masala, or to taste
(.5 - 1
g)
 $\frac{1}{4}$ - $\frac{1}{2}$ teaspoon
turmeric powder, or to taste
(.5 - 1
g)
1 tablespoon
salt, or to taste
(18
g)

Directions:

1. Preheat skillet over medium heat. When several drops of water sprinkled on skillet skitter and dissipate, add garlic and cook until browned.
2. Add onion and green chilies, and continue to cook until mixture is golden brown.
3. Add salt, garam masala and turmeric powder.
4. Add cauliflower and potatoes. Mix thoroughly to combine and cover.
5. When Vapo-Valve™ clicks, reduce temperature to low and cook for approximately 15 - 20 minutes.
6. Garnish with coriander, if desired.

Tips:

- Serve warm over naan bread or preferred flatbread.
- The same method can be applied for Black Chana Curry and Chick Peas Curry

Nutritional Information per

▼ Serving

Calories: 124

Total Fat: 0g

Saturated Fat: 0g

Cholesterol: 0mg

Sodium: 1440mg

Total 28g

Carbs:

Dietary Fiber: 6g

Sugar: 7g

Protein: 5g