

# Cauliflower Potato Curry Recipe

This is a recipe for cauliflower potato curry, which is a South Asian dish, and it is a very simple recipe to make.

## Ingredients:

- ✓ ½ cup onion
- ✓ ½ cup potato
- ✓ 1 cup tomato
- ✓ 2 cup cauliflower florets
- ✓ ginger, garlic and green chilies as per taste
- ✓ 4 tbsp. oil

## Spices:

- ✓ 1 tsp. turmeric powder
- ✓ 1 tsp. chili powder (or as per taste)
- ✓ 2 tsp. salt (or as per taste)
- ✓ 1 tsp. cumin seeds
- ✓ 1 tsp. garam masala powder (or whole spices: green/black cardamom, cloves, cinnamon)

## Method:

1. Boil water in a pan, add cauliflower florets and boil for 10 minutes.
2. Remove the water from the pan, keep aside the florets.
3. In another pan, heat oil, add cumin seeds and whole spices. Sauté for 5 minutes, until onions are golden brown.
4. Add tomato, potato, salt and sauté for 5 minutes.
5. Add rest of the spices, cauliflower florets and sauté for 5 minutes.
6. Cover the pan with a plate and cook on slow/medium flame for 15-20 minutes, mixing the vegetables every 5 minutes.
7. Turn off the heat once the potato/cauliflower is cooked.
8. Garnish with coriander, serve warm with bread.

## Tips:

1. The cauliflower florets are boiled in water to remove any impurities in between the florets and reduce the cooking time. You may skip this step but you will need to increase the cooking time.