



CAULIFLOWER CURRY



PREP: 10MINS



20 MINUTES



SERVES 4

INGREDIENTS

- ½ Cauliflower diced*
- 1.5tsp Turmeric powder*
- 1.5tsp Chilli powder*
- 1.5tsp Curry powder*
- 3Tbsp Oil*
- 1.5tsp Mustard seeds*
- 1.5tsp Urad dal*
- 1.5tsp Channa dal*
- 4 Green chillies*
- 1 Pinch Asafoetida*
- Salt to taste*

PREPERATION

Wash and dice cauliflower.

INSTRUCTIONS

Heat the pan with oil when hot, add mustard seeds, stir till it splutters, add chana dal and urad dal, fry till both dals become golden, add green chillies, asafoetida mix then add turmeric powder mix quickly and add the cauliflower mix well cover and cook, when almost cooked add chilli powder, salt and curry powder mix well and garnish with fresh coriander.

TIP

If you add right at the start then cauliflower will leave lots of water and curry will feel more boiled. You can add to this curry green peas towards the end. Adding green or red capsicum will add very nice flavours. You can use the same technique with carrots,okra, potato, kumra, peas etc.

