

## Cauliflower Curry



### Ingredients:

Cauliflower: 4-5 cups of florets

Olive oil: 3 Tablespoons

Onion: 1 cup finely diced; preferably purple or yellow

Tomatoes: 1 ½ cups diced

Potato and Egg Fry Seasoning kit: 1 kit from Anar Gourmet Foods, based on my lovely 💖 mom's recipe

Cilantro: ½ cup fresh leaves, washed and rough chop (*optional*)

Jalapeno pepper: ½ thumb sized finely diced (*optional*)

**Note:** I did not use a jalapeno when I made this dish, as it is quite spicy without the jalapeno. However, please feel free to add some if you like it spicy **HOT**. 🔥

### Recipe:

1. Heat oil in quart pot over medium heat.
2. Add onions & jalapeno (*optional*), sauté for 5-7 mins till onions are golden brown or edges start to curl in.
3. Add spices from seasoning kit. Mix for 1-2 mins till spices stick to onions.
4. Add tomatoes, simmer until soft about 3-5 mins.
5. Add cauliflower florets and mix well.
6. Cover pot with tight fitting lid, let simmer for 8-10 mins till fork tender. Make sure you check cauliflower at 8 min mark for desired texture, so it's not too mushy.
7. Sprinkle cilantro (*optional*), mix well.

Serve with rice, naan, chapatis or alongside a main entrée for a keto friendly meal.

A big thanks to my wonderful neighbors, Bonnie and Greg A. in PA for their detailed feedback when doing a taste test for this meal 💖. TWICE!!

Enjoy!!

Love 💖 from the Anar Gourmet Foods Family!