

## Aloo Gobi (Cauliflower + Potato curry)

Here's a list of ingredients that you can use to make this tasty dish:

- 1 cauliflower medium, cut into small florets
- 2 potatoes medium cubed
- 1 onion medium, chopped
- 2 tomatoes medium, chopped
- 1/2 tsp cumin seeds
- 1.5 tsp ginger-garlic paste
- 1/2 tsp turmeric powder
- 1/4 tsp red chilli powder
- 1/4 tsp garam masala
- 1 teaspoon coriander powder
- 3-4 tbsp oil
- Chopped coriander
- Salt to taste



### Method for Preparing / Cooking Aloo Gobi

1. Heat 2 teaspoon of oil in a pan on medium heat. Add cauliflower florets and fry for 2-3 minutes and then add the sliced potatoes.
2. Fry on medium-low flame for 7-8 minutes till potatoes and cauliflower have some brown spots on them.
3. In the same pan heat 1.5 teaspoon of oil on medium heat and add cumin seeds and let them crackle.
4. Add the onions and cook for 2 minutes till translucent.
5. Add the ginger-garlic paste and cook for another 2 minutes or till the raw smell goes away.
6. Add the chopped tomatoes and cook for two minutes till they are little soft.

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7. Add turmeric powder, red chilli powder, coriander powder.
8. Cover the pan and let the masala cook for 2-3 minutes and then add the potatoes and cauliflower to it and mix.
9. Add chopped coriander leaves and give a good mix.
10. Add garam masala and cook the potato and cauliflower on medium-low heat for 5-6 minutes.
11. Add salt and cover the pan and cook more additional 6-7 minutes on low flame or till the potato and cauliflower are tender.
12. Garnish with some more coriander leaves and serve hot with chapati.

### Carbohydrate Counting your meal:

Here's how to carbohydrate count your meal:

100g Curry + 60g Chapati = 35 grams of carbohydrate

200g Curry + 120g Chapati = 71 grams of carbohydrate

300g Curry + 180g Chapati = 106 grams of carbohydrate



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