



Aloo Gobi

SERVES: 6

INGREDIENTS:

- 2 tbsp oil or ghee
- 1 ½ tsp black mustard seeds
- 1 large potato, chopped into bite-sized cubes
- ½ onion, roughly chopped
- 2 tsp cumin seeds, toasted
- 2 tsp coriander seeds, toasted
- 1 tsp powdered turmeric
- 1 ½ tsp garam masala
- 1 cauliflower, cut into florets, stalk peeled and thinly sliced
- 3cm piece of ginger, grated
- 1 tsp sugar
- ¼ tsp salt, to taste
- 4 ripe tomatoes, chopped
- 125ml water
- 1 small handful of coriander, roughly chopped

METHOD:

1. Prepare all of the ingredients based on the instructions in the ingredients list
2. Heat the oil or ghee in the large saucepan over a low heat
3. Add the mustard seeds and cook for 1-2 minutes until you hear them pop
4. Add the potato and onion and stir-fry until lightly golden
5. Grind the cumin and coriander seeds in the mortar and pestle, then add to the pan with the turmeric and garam masala.
6. Fry for a few seconds until fragrant



7. Add the cauliflower florets and stalk, ginger, sugar and salt. Stir until all of the ingredients are coated in the spice mix
8. Add the tomato and water. Turn up the heat and bring to the boil. Before lowering the heat again and simmering, covered, for about 15 minutes
9. Taste and check the seasoning
10. Transfer to a serving bowl and sprinkle over the fresh coriander leaves.

