

# Gobi Sabji (cauliflower dish)

## Ingredients

1. ¼ cup vegetable oil
2. 1 cauliflower (washed, dried and cut into bite size florets)
3. 1 large tomato diced
4. 1 small potato washed and cut into ½ inch dice
5. 1 small carrot diced into ½ inch
6. 1 white onion diced into ½ inch
7. 1 heaping tbsp finely diced garlic
8. 1 level tbsp finely diced ginger
9. 1 diced green chili
10. 1 level tbsp cumin seeds
11. 2 tsp garam masala (mixed blend curry power)
12. 1 tsp haldi (turmeric powder)
13. ½ tsp amchur (dried mango powder)
14. ¼ cup cilantro leaves chopped

## Method

1. Heat oil in large pan on medium heat
2. Add cumin seeds and cook gently for 30 seconds
3. Add diced onion fry until softened
4. Add ginger, garlic, and green chili cook for 1 to 2 minutes
5. Add in diced tomato cook for 2 mins
6. Sprinkle in haldi and amchur cook for 30 seconds
7. Add diced potatoes and carrots to pan stir fry for 3-5 mins
8. Sprinkle in garam masala cook for 30 seconds
9. Add in cauliflower and combine gently sprinkle over salt
10. Lower heat to 4 and gently cook until cauliflower is tender but not mushy stirring occasionally
11. Turn fire off stir in chopped cilantro
12. Recommended serving with paratha