



INDIAN CAULIFLOWER AND POTATO

ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts

Prep time: 10 mins

Cook time: 20-30 mins

Serves: 4-6

INGREDIENTS

- ¼ cup coconut oil
- ½ tsp mustard seeds
- ½ tsp garlic powder
- 1 tsp dried onion
- ½ tsp cumin seeds
- ½ tsp tumeric
- ½ - 1 tsp dried chilli flakes
- 2 tbsp grated ginger
- 1 tbsp dextrose powder
- ½ tsp pink salt
- 1 x 440g can diced tomatoes
- 2 medium potatoes, diced into 1cm pieces
- 1 head cauliflower, cut into small florets
- 1 tbsp water

METHOD

- Heat oil in large saucepan to medium high.
- Add mustard seeds, garlic powder, onion, cumin seeds, tumeric, chilli and ginger.
- Stir and cook a few minutes.
- Add all other ingredients and stir.
- Cover and cook until potato and cauliflower cooked, about 20 minutes.
- Cauliflower should not be very soft, but potato must be cooked through.
- Great as a side dish, or even a main, lunch or entree.

