



INDIAN ALOO GOBI

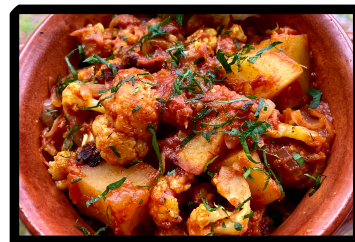
ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts

Prep time: 20 mins

Cook time: 40 mins

Serves: 4



INGREDIENTS

- 1 head cauliflower, broken into florets
- 3 large potatoes, cut into 1-2cm cubes
- 3 tbsp oil
- 2 tsp lime juice
- 1 tsp Turmeric
- 1 ½ tsp ground coriander
- 1 ½ tsp ground cumin
- 1 tsp sweet paprika
- 1 tsp garam masala
- 5cm piece grated ginger
- 1 tbsp crushed garlic
- 1 tsp pink rock salt

SAUCE

- 1tbsp oil
- 2 tsp ground coriander
- 1 tsp garam masala
- ½ tsp cumin seeds
- ¼ tsp cayenne
- 1 tbsp grated ginger
- 1 tbsp crushed garlic
- 2 large onions, finely sliced
- 2 cans crushed tomatoes (400g)
- 1 tsp pink rock salt
- ¼ cup rice malt syrup
- Lime juice and fresh coriander (garnish)

METHOD

- Preheat oven to 200°C
- In a bowl add cauliflower and potato, sprinkle with oil and lime juice and mix well.
- Mix all spices and salt in a small bowl and sprinkle over cauliflower mixture.
- Stir in ginger and garlic. Place into a baking dish and bake 45 mins. (Until cooked).
- Heat sauce oil in a large pan, add the 4 spices, cook 3 mins, add ginger and garlic.
- Add onions and cook until golden, add tomato and salt and mix well.
- Bring to the boil, cook until thickened (few minutes), add cauliflower mix and stir.
- Add ¼ cup water to thin it down a little, mix to combine, and simmer 5 minutes.
- Let stand for 5 minutes before serving, garnish with lime juice and coriander.