



Gobi Aloo (Cauliflower and Potatoes)

Storage instructions: Keep in a covered container in the fridge for up to 5 days.

<u>U.S.</u>		<u>Metric</u>
1 head	Cauliflower, small dice	1 head
2 medium	Potatoes, peeled, large dice (1/2" thick)	2 medium
1 1/2 tsp	Olive Oil	7.5 mL
1 tsp	Honey	7 g
1/2 tsp	Cumin Seeds	1.1 g
2 Tbsp	Ginger, fresh, grated	12 g
1 tsp	Green Chilies, finely chopped	3.1 g
1/4 tsp	Tumeric Powder	0.7 g
1/2 tsp	Red Chili Powder	1.4 g
3/4 tsp	Salt, Kosher	4.5 g
1 Tbsp	Water	15 mL
1/2 tsp	Garam Masala	1.2 g
1/4 tsp	Mango Powder	0.7 g
1 Tbsp	Cilantro, fresh	3.6 g

Preparation:

1. Gather all ingredients and equipment.
2. Wash and cut potatoes and cauliflower.
3. Heat oil in a pan. Add Honey, cumin seeds, ginger, green chilies, turmeric powder, and red chili powder and stir.
4. Add cut potatoes, cauliflower, salt, and water to pan. Cook, covered, on high heat, stirring occasionally until potatoes are soft.
5. Next, add garam masala, mango powder, and cilantro leaves. Stir and mix well. Serve warm.

Nutrition Facts**Serving size****1 cup****Servings****5****Calories**

141

Calories from Fat

40

Total Fat

5 g

Saturated Fat

1 g

Trans Fat

0 g

Monounsaturated Fat

3 g

Cholesterol

0 mg

Sodium

419 mg

Carbohydrates

23 g

Dietary Fiber

6 g

Sugars

5 g

Protein

5 g

Vitamin A

4 %

Calcium

4 %

Vitamin C

170 %

Iron

18 %

Phosphorus

0 mg">
