

Aloo Ghobi

This is a very satisfying Indian dish. The amount of red chili spice can be adjusted for spiciness. I find 1/2 teaspoon makes this dish mildly spicy but start with maybe less if you are sensitive to spicy dishes. You can always add more if needed.

Categories

Gluten-free

Yields: 4 servings

Preparation time: 12 mins

Cooking time: 20 mins

Category: Entrees

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Cooked



Ingredients

Potato, boiled, without skin	3 medium - 2 1/4" to 3 1/4" diameter
Cauliflower, cooked from fresh	0.5 medium - head - 5" to 6" diameter
Green peas, cooked from frozen	0.75 cup
Olive oil	1.5 tablespoon
Onion, white, yellow or red, cooked	1 large slice - 1/4" thick
Ginger root, raw	1.5 tablespoon
Turmeric, ground	1 teaspoon
Garlic, cooked	6 clove
Tomato, canned, low sodium	1.5 cup
Cumin, ground	1 teaspoon
Coriander, seed	2 teaspoon
Garam masala	1 teaspoon
Red chili ground organic spices	0.5 x 1 tsp
Salt, sea salt	1 dash
Coriander leaf, fresh	4 sprig

Instructions

1. Finely grate about 1" of a knob of ginger. If using fresh turmeric also finely grind about 1 tsp. Separately set aside.
2. Dice one large onion - set aside.
3. Crush 6 gloves of garlic - set aside.
4. Cut and wash 1/2 medium sized head of cauliflower and 3 medium potatoes. Separate cauliflower into small florets and cut potatoes into bite sizes. Steam or boil cauliflower and potatoes until almost done. Start with potatoes, steam for 5 or 6 minutes, then add cauliflower and steam an additional 3 or 4 minutes. Remove from steamer and set aside.
5. Heat oil in a large pan on medium heat.

6. Add the finely grated turmeric or turmeric powder and onion and sauté for 5 minutes.
7. Add the finely grated ginger and continue to sauté for 2 more minutes.
8. Add the undrained can of tomatoes. If whole cut into small pieces. Or use 3 large, diced, ripe, fresh tomatoes. Cook until sauce reduces to a thick paste.
9. Add the ground coriander, garam masala, chile and cumin to the tomato sauce.
10. Add the potatoes, cauliflower and frozen peas. Mix gently to combine and coat all vegetables with the tomato sauce.
11. Season with salt (optional).
12. Cover and cook until vegetables are tender and peas are cooked, about 10 minutes on med -low heat.
13. Garnish with fresh coriander.