



Presents

## Salma's Kitchen

### Aloo Gobi (Cauliflower + Potato curry) with Chapati

Here's a list of ingredients that you can use to make this tasty dish:

- 1 cauliflower medium, cut into small florets
- 2 potatoes medium cubed
- 1 onion medium, chopped
- 2 tomatoes medium, chopped
- 1/2 tsp cumin seeds
- 1.5 tsp ginger-garlic paste
- 1/2 tsp turmeric powder
- 1/4 tsp red chilli powder
- 1/4 tsp garam masala
- 1 teaspoon coriander powder
- 3-4 tbsp oil
- Chopped coriander
- salt to taste

#### Method for Preparing / Cooking Aloo Gobi

- 1) Heat 2 teaspoon of oil in a pan on medium heat. Add cauliflower florets and fry for 2-3 minutes and then add the sliced potatoes.
- 2) Fry on medium-low flame for 7-8 minutes till potatoes and cauliflower have some brown spots on them.
- 3) In the same pan heat 1.5 teaspoon of oil on medium heat and add cumin seeds and let them crackle.
- 4) Add the onions and cook for 2 minutes till translucent.
- 5) Add the ginger-garlic paste and cook for another 2 minutes or till the raw smell goes away.
- 6) Add the chopped tomatoes and cook for two minutes till they are little soft.
- 7) Add turmeric powder, red chilli powder, coriander powder.
- 8) Cover the pan and let the masala cook for 2-3 minutes and then add the potatoes and cauliflower to it and mix.
- 9) Add chopped coriander leaves and give a good mix.
- 10) Add garam masala and cook the potato and cauliflower on medium-low heat for 5-6 minutes.
- 12) Add salt and cover the pan and cook more additional 6-7 minutes on low flame or till the potato and cauliflower are tender.
- 13) Garnish with some more coriander leaves and serve hot with chapati

## Carbohydrate Counting your meal:

Here's how to carbohydrate count your meal:

100g Curry + 60g Chapati = 35 grams of carbohydrate

200g Curry + 120g Chapati = 71 grams of carbohydrate

300g Curry + 180g Chapati = 106 grams of carbohydrate

Happy cooking and enjoy your meal

