



SIMPLE, FRESH FARM BOX MEALS

AUG 1, 2022

Simple recipes so we can eat well & support local agriculture

Aloo Gobi (Cauliflower & Potato Curry)

**Give
\$20
Get
\$20**

If you love our food & service, please share us with your friends! Check your account page for more info.

INGREDIENTS

¼ C grapeseed oil or other neutral oil
1 tsp cumin seeds
1 yellow onion - fine chop
5 garlic cloves - crushed
1 C tomato - fine chop
2 tsp coriander powder
1 tsp cumin powder
½ tsp turmeric powder
½ tsp garam masala
¼ tsp black pepper
1 ¼ tsp salt
1 head cauliflower - cut small floret
2-4 potatoes - peeled & cut into ½ in cubes - bowl of water
1 small chili pepper - slice or chop
½-1 tsp soy sauce OR tamari - optional
1 tsp lemon or lime juice - or to taste
2 tbs chopped cilantro leaves

ALL YOU HAVE TO DO

- Heat oil in a non-stick pan or heavy-bottomed pot over medium-high heat. Add cumin seeds & let them sizzle for a few seconds. Add the chopped onion & sauté, stirring frequently, until it turns golden (6-7 min).
- Add the garlic & ginger, sauté for about 30-45 seconds. Add tomatoes, & spice powders (coriander, cumin, turmeric, red chili, black pepper) and salt. Cook until the tomatoes are soft & the oil begins to separate from them (~4-5 min). If needed, deglaze the pan with 2 tbsp. of water to help the tomatoes.
- Add the potatoes, cauliflower, & green chili pepper. Sauté for about 5 minutes, until softened.
- Turn the heat down to low-medium, cover, & let cook for about 25 minutes, stirring once or twice in between. Add a little water if it starts to stick.
- When the vegetables are completely tender (there should be little resistance when you break the potato) & all the moisture is gone (raise heat if needed to evaporate moisture), turn off the heat.
- Add the soy sauce, garam masala, & lemon juice. Taste & add salt, if needed. (If you didn't add soy sauce, you'll probably need a bit more salt.) Mixwell & garnish with chopped cilantro. Serve with roti, naan, or rice.