

# Aloo-Gobhi (Potatos and Cauliflower)

(2-4 servings)

- 2 medium Russet potatoes washed, peeled, and cut into 1 inch pieces
- 1/2 head cauliflower, cut into 1 inch florets
- 1 medium white or brown onion diced
- 1 large tomato deseeded and diced
- 2 teaspoons **Seven Happy Seeds 'Chana Masala Spice'**
- 2 garlic cloves minced
- 1 Serrano chile pepper, deseeded and minced
- 1 teaspoon ginger paste
- 3 tablespoons vegetable oil, divided
- 1 tablespoon Cilantro leaves finely chopped
- 1 teaspoon salt (or to taste)
- 1 teaspoon granulated sugar

1. Heat 2 tablespoons of oil over medium-high heat in a large pan.
2. Add onion, and cook until lightly browned.
3. Add garlic, ginger, and serrano chili and lightly fry for 1 minute.
4. Add Chana Masala spice, salt, and sugar, and sauté lightly for 1 minute
5. Add tomatoes and sauté constantly until all liquid is evaporated.
6. Add Potatoes and coat evenly with the ingredients in the pan. Cover and cook for 5 to 7 minutes.
7. Stir in Cauliflower florets, cover, and cook on medium low heat for about 15 minutes. Check with a fork if potatoes and cauliflower are tender (but not mushy), and cook for an additional 5 minutes if necessary.
8. Drizzle remaining 1 tablespoon oil over vegetables and stir gently on medium high heat until no liquid remains. Take care not to mash vegetables.
9. Garnish with chopped Cilantro and serve with Naan or any other flatbread.

**Timesaver Tip-** Steam or parboil potatoes and cauliflower, add to cooking pan then resume directions from step 6. Cut down cooking time to 8 minutes, taking care not to overcook vegetables.