

Aloo Gobi - Potatoes & Cauliflower

Aloo Gobi - Potatoes and cauliflower cooked with onion, tomatoes & spices is a popular Indian recipe. [Vegan]

Course Main Course
Cuisine Indian
Keyword aloo gobi
Prep Time: 10 minutes
Cook Time: 20 minutes
Total Time: 30 minutes
Servings: 2
Calories: 304 kcal
Author: Manali



Video: Aloo Gobi - By Vahchef @ Vahrehvah.com

Ingredients

- 2 potatoes, medium, sliced or cubed
- 1 cauliflower, medium, cut into small florets
- 1 onion, medium, chopped
- 2 tomatoes, medium, chopped
- 1/2 teaspoon cumin seeds
- 1.5 teaspoons ginger-garlic paste
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon dry mango powder, amchur
- 1/4 teaspoon red chili powder or to taste
- 1/4 teaspoon garam masala powder
- 1 teaspoon coriander powder
- 3-4 teaspoons oil
- 2 tablespoons chopped cilantro
- salt, to taste

Instructions

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. Drain on a tissue paper and set aside.
4. In the same pan heat 1.5 teaspoon of oil on medium heat and add cumin seeds and let them crackle.
5. Add the onions and cook for 2 minutes till translucent.
6. Add the ginger-garlic paste and cook for another 2 minutes or till the raw smell goes away.
7. Add the chopped tomatoes and cook for 2 minutes till they are little soft.

8. Add turmeric powder, red chilli powder, coriander powder and amchur (mango powder).
9. Cover the pan and let the masala cook for 2-3 minutes and then add the potatoes and cauliflower to it and mix.
10. Add chopped coriander leaves and give a good mix.
11. 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 but not soggy. If you feel the masala is sticking, you may add some water. Add 1 tablespoon at a time and only add enough to cook the veggies. I did not add any water in mine.
13. Garnish with some more coriander leaves and serve hot with any Indian bread.

Recipe Notes

1. Add lots of chopped cilantro leaves to your aloo gobi, it adds a lot to the flavor.
2. You can even deep fry the potatoes and cauliflower till they are completely cooked and then add them to the masala. But deep frying = more calories so it's not the way I make aloo-gobhi at home regularly.
3. Adjust spice levels to taste.
4. You can also sprinkle some kasuri methi (dried fenugreek leaves) on top for added flavor.