

Aloo-Gobhi (Potatos and Cauliflower)

(2-4 servings)

- 2 medium Russet potatoes washed, peeled, and cut into 1 inch pieces
 - 1/2 head large or 1 small cauliflower cut into 1 inch florets
 - 1 medium white or brown onion diced
 - 2 tablespoons tomato paste (or one large tomato deseeded, chopped, and pureed)
 - 2 teaspoons **Seven Happy Seeds 'Chana Masala Spice'**
 - 2 garlic cloves minced
 - 1 Serrano chili pepper, deseeded and minced (optional)
 - 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 Potatoes and coat evenly with the ingredients in the pan. Cover and cook for 5 to 7 minutes.
 6. 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.
 7. Fold in tomato paste gently and cook for 3-4 minutes.
 8. 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.