



Aloo Gobi

- 2 - 3 tbsp oil of choice or ghee
- 1 tsp black mustard seeds
- 1 tsp cumin seeds
- 1/2 onion - finely chopped
- 2 - 3 green bird's eye chillies - finely chopped
- 1 tbsp garlic and ginger paste
- *1 tbsp mixed powder
- 1/2 tsp ground turmeric
- 1 tsp amchoor (Mango) powder (optional)
- 1 tsp Kashmiri chilli powder
- 70ml (1/4 cup) tomato puree
- 300 – 400 ml Curry Base
- 175g each of par-cooked potatoes and cauliflower
- 3 tbsp chopped coriander
- Salt to taste

Method:

- Heat the oil in a frying pan over medium-high heat. When hot, add the mustard seeds. When they begin to crackle, add the cumin seeds and let these spices infuse into the oil for about 30 seconds.
- Stir in the chopped onion and chillies and sauté for about 5 minutes or until the onion is soft and translucent.
- Add the garlic and ginger paste and stir well. Cook for about 30 seconds to cook out the rawness. Then add the ground spices and tomato puree.
- Bring this all to a simmer and then add the curry base about a ladle at a time. Add more if the curry is looking too dry.
- Stir in the par-cooked potatoes and cauliflower adding more base sauce from time to time to cook them through.
- Season with salt to taste and garnish with the chopped coriander to serve.