



Aloo Gobi (Cauliflower & Potatoes)

SERVINGS

4 → 40

Cauliflower and potatoes come together with fragrant spices like turmeric, coriander and cumin in this hearty veg-forward curry enjoyed throughout India and Pakistan.

RECIPE SOURCE
foodnetwork.com

PREP TIME
20 MIN

COOKING TIME
25 MIN

TOTAL TIME
45 MIN

Ingredients

WET MASALA

- 1/3 cup plus 4 teaspoons grated ginger
- 1/2 cup plus 2 tablespoons ground coriander
- 1/2 tablespoon plus 1 teaspoon turmeric
- 5 cups water, first measure

-
- 1 1/4 cups peanut oil
 - 10 serrano pepper, large split down the middle leaving halves attached
 - 3 tablespoons plus 1 teaspoon cumin seed
 - 10 small heads cauliflower, cut into, small florets
 - 10 russet potato, (similar size to cauliflower) peeled and cut into 1/2 inch cubes
 - 1 1/2 tablespoons plus 1/2 teaspoon salt
 - 5 cups water, second measure
 - 1 1/4 cups minced cilantro, to garnish

Cooking Instructions

1. Gather all ingredients and equipment.
CCP: Wash your hands with warm water and soap for at least 20 seconds
CCP: Follow community policies for major allergens and gluten regarding identification, labeling and measures to control cross contact.
2. Prep ginger, serrano pepper, cauliflower, potato and cilantro as directed above.
CCP: Cut off bruised or damaged areas. Wash produce under running water, even if they will be peeled or cut. Scrub firm skins and rinds with a produce brush. Don't use soap.
3. To prepare the wet masala: mix the ginger, coriander, turmeric, and first measure of water in a bowl. Set aside.
4. In a pot, warm the oil over medium-high heat until shimmering but not smoking. Add the serrano pepper, wait 30 seconds, and then add the cumin seeds and wait until they're done spluttering.
5. Add the wet masala (careful, it will also splutter). Cook until the paste thickens, deepens in color slightly, and oil oozes out of the perimeter of the masala, about 2 minutes.

Nutrition Facts

Amounts Per Serving

Calories 125

Total Fat 7g

Saturated Fat 1g

Trans Fat 0g

Polyunsaturated Fat 2g

Monounsaturated Fat 3g

Cholesterol 0mg

Sodium 285mg

Total Carbohydrates 13g

Dietary Fiber 3g

Sugar 2g

Protein 3g

Vitamin A 67IU

Vitamin C 34mg

Calcium 35mg

Iron 1mg

Phosphorous 62mg

Potassium 374mg

Powered by
nutritionix API
(<http://www.nutritionix.com/api>)

6. Add the cauliflower and potatoes, stirring to coat the vegetables with the masala. Season with salt and add the second measure of water. Cover and cook over medium heat 10 to 15 minutes. Then, remove the lid, stir, and cook until the cauliflower and potatoes are cooked through, about 5 minutes to the stated CCP temperature. Top with cilantro.

CCP: Cook to a minimum internal temperature of 140 °F (60°C).

7. Hold for service.

CCP: Hold at an internal temperature of 140°F (60°C) and above.

Serving Instructions

Serve 1 cup using a #4 scoop for approved diet types and textures.

1 serving=1 starch and 1 vegetable

DIET TYPES

Diabetic (CCHO): YES

Heart Healthy/Cardiac: YES

Low Sodium: YES

Vegetarian: YES

Gluten Free: YES

TEXTURES & CONSISTENCIES

FF: Mashed Potato Pancakes or 1/2 cup French fries AND ½ cup cauliflower florets

EC7/Soft: YES

SB6: Soft & Bite Sized Aloo Gobi (Cauliflower & Potatoes)

MM5: Minced & Moist Aloo Gobi (Cauliflower & Potatoes)

PU4: Mashed Potatoes (Traditional, recipe below OR instant) & Pureed Buttered Cauliflower

Notes

Recipe adapted by RecipeTree.Pro for healthcare use/food service on 11.23.24.

Allergens

groundnut, peanut

Recipe Tags

indian food network lunch
dinner side dish potato
vegetable january 2025
collection bowl pot
vegetarian gluten free dairy
free diabetic low sodium heart
healthy/cardiac soft regular
easy easy to chew #4 scoop
ec7 parent recipe