Dinner, Indian

Cauliflower in a Spiced Onion Gravy

Boiled cauliflower florets cooked in a smooth, mildly spiced gravy made from onion, adrak (ginger) and green chilli, with tomato and coriander. A comforting sabzi that pairs nicely with roti or steamed rice.



Vegetarian

20 min	135	12.7 g	5.6 g
time	calories	carbs	sugars

Ingredients, 2 servings

- [ ] 1 1/2 cups boiled cauliflower florets
- [ ] 1 tbsp oil
- [ ] 2 tbsp finely chopped onion
- [ ] 1/2 tsp finely chopped green chillies
- [ ] 1/2 cup finely chopped tomato
- [ ] salt (namak) to taste
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- [ ] 2 tbsp finely chopped coriander (dhania)
- [ ] 1/4 cup roughly chopped onion
- [ ] 1 green chillies (hari mirchi) , roughly chopped
- [ ] 2 adrak (ginger)
- [ ] salt (namak) to taste

Nutrition Facts

Per serving

Calories	**135**
Total fat	8.1 g
Saturated fat	Not listed
Sodium	38 mg
Total carbs	12.7 g
Fiber	3.7 g
Total sugars	5.6 g
Protein	2.9 g

Method

- [ ] **1** Blend the roughly chopped onion, the roughly chopped green chillies (hari mirchi), the adrak (ginger) and salt (namak) to taste with a little water in a mixer jar until smooth, then keep the paste aside.
- [ ] **2** Heat the oil in a broad nonstick pan and saute the finely chopped onion over a medium flame for 1 minute.
- [ ] **3** Add the finely chopped green chillies and the finely chopped tomato, mix well and cook over a medium flame for 2 to 3 minutes, stirring occasionally.
- [ ] **4** Add the boiled cauliflower florets and salt, mix well and cook over a medium flame for 1 to 2 minutes, stirring occasionally.
- [ ] **5** Cook over a medium flame for 2 more minutes, stirring continuously.
- [ ] **6** Add the blended paste and the finely chopped coriander, mix well and cook over a medium flame for another 3 minutes.
- [ ] **7** Serve hot.

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