Dinner, Indian

Grated Cauliflower and Green Peas Sabzi

Finely grated cauliflower turns tender fast as it simmers with sweet green peas, ginger, and warming spices. A splash of milk makes it creamy, and fresh coriander finishes the dish with colour and brightness.



Vegetarian | Gluten free

27 min	68	6 g	4.9 g
time	calories	carbs	sugars

Ingredients, 3 servings

- [ ] 2 cups grated cauliflower
- [ ] 1/4 cup boiled green peas
- [ ] 2 tsp oil
- [ ] 1/2 tsp cumin seeds (jeera)
- [ ] 1 tsp finely chopped ginger (adrak)
- [ ] 2 tsp finely chopped green chillies
- [ ] 1/4 cup sliced onions
- [ ] 1/4 tsp haldi powder (turmeric powder)
- [ ] 1/2 cup blanched and chopped tomatoes
- [ ] salt (namak) to taste
- [ ] 1/4 cup low fat milk (0.1% fat) , 99.7% fat-free
- [ ] 1 tbsp chopped coriander (dhania)

Nutrition Facts

Per serving

Calories	68
Total fat	3.6 g
Saturated fat	Not listed
Sodium	38 mg
Total carbs	6 g
Fiber	3.2 g
Total sugars	4.9 g
Protein	2.9 g

Method

- [ ] 1 Warm the oil in a nonstick kadhai and sprinkle in the cumin seeds (jeera).
- [ ] 2 Once the cumin seeds (jeera) crackle, stir in the finely chopped ginger (adrak), finely chopped green chillies, sliced onions, and 1 1/2 tbsp water, then saute on a medium flame for 1 to 2 minutes.
- [ ] 3 Tip in the grated cauliflower, haldi powder (turmeric powder), blanched and chopped tomatoes, boiled green peas, and salt (namak), and mix so everything is evenly combined.
- [ ] 4 Cover with a lid and cook on a medium flame for 5 to 7 minutes, stirring now and then so nothing sticks.
- [ ] 5 Pour in the low fat milk (0.1% fat), give it a good stir, and cook on a medium flame for 1 to 2 minutes, stirring occasionally.
- [ ] 6 Serve right away, scattered with the chopped coriander (dhania).

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