Dinner, Indian

Minty Cauliflower Sauté

Boiled cauliflower florets are warmed in butter and coated with a fresh paste of mint, coriander, coconut and green chillies for a bright, aromatic starter.

12 min	39	3.4 g	3.4 g
time	calories	carbs	sugars



Vegetarian | Gluten free

Ingredients, 4 servings

- [ ] 2 1/2 cups boiled cauliflower florets
- [ ] 2 tsp low fat butter
- [ ] salt (namak) to taste
- [ ] 1/2 cup chopped mint leaves (phudina)
- [ ] 1/2 cup chopped coriander (dhania)
- [ ] 1 tbsp roughly chopped green chillies
- [ ] 1/2 tbsp grated coconut
- [ ] 1/2 tsp sugar
- [ ] 1/2 tbsp lemon juice
- [ ] salt (namak) to taste

Method

- [ ] **1** Grind the chopped mint leaves, chopped coriander, roughly chopped green chillies, grated coconut, sugar and lemon juice into a smooth paste.
- [ ] **2** Warm the low fat butter in a broad nonstick pan, tip in the boiled cauliflower florets with salt to taste, and sauté over a medium flame for 1 minute.
- [ ] **3** Stir in the mint paste, mix thoroughly and cook on a medium flame for 1 minute.
- [ ] **4** Serve immediately while hot.

Nutrition Facts

Per serving

Calories	**39**
Total fat	2.1 g
Saturated fat	Not listed
Sodium	39 mg
Total carbs	3.4 g
Fiber	2.3 g
Total sugars	3.4 g
Protein	1.6 g

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