

Cauliflower Sabji

Cauliflower Sabji is an Indian vegetable side dish spiced with curry flavors. It's simple to make, and full of flavor.

INGREDIENTS

- 2 tsp canola oil
- 1 tsp mustard seeds
- 1/2 tsp cumin seeds
- 1/4 tsp hing aka Asafoetida (nope, not doing it)
- 1/2 tsp ground turmeric
- 1/2 green chile (like a serrano chile, kept whole, not diced)
- 1 small potato, diced
- 1 cauliflower head cut into florets
- 1/2 cup frozen peas or 1/4 cup frozen peas + 1/4 cup frozen carrots
- 3/4 tsp salt
- 1/4 tsp ground cumin
- Bunch of Cilantro chopped (as a garnish)

INSTRUCTIONS

1. Cut the cauliflower and potato into bite sized pieces and set aside. I like to cut them into a similar size, then they cook at the same pace.
2. Heat the oil on medium high heat in a large skillet, add the mustard seeds and cumin seeds until they pop. Then add the hing, turmeric, green chile and potatoes. Stir for 15-30 seconds to combine. Then add the cauliflower, carrots and peas and stir again.
3. Add the salt and cumin powder, cover and let cook on medium-low for 10-20 minutes (depending on how cooked through you like your veggies). Meanwhile, chop your cilantro.
4. Right before you're ready to serve the sabji, add the cilantro.

Photos





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