

Aloo Gobi

This is a classic Indian dish made with potatoes, cauliflower and a blend of spices. It is perfect on its own as a snack, served with Naan Bread (recipe available on our website) or as a side dish with a curry. Aloo means potato in Hindi, Gobi means cauliflower.



Mustard*

Nutritional information per portion (174g):

Energy	Fat	Saturates	Sugars	Salt
361kJ 86kcal 4%	4.8g 7%	0.6g 3%	1.8g 2%	0.39g 6%

of an adult's reference intake.
Typical values per 100g: energy 207kJ/49kcal.

Equipment

Chopping board
Sharp knife
Large saucepan with lid x 2
Pan stand
Garlic press
Teaspoon
Grater
Wooden spoon
Colander
Measuring spoons
Measuring jug
Lemon squeezer

Ingredients

Serves 8 as a side dish

2 large potatoes
½ cauliflower
1 onion
1 clove garlic
4cm (approx 20g) piece root ginger
2 x 15ml spoons sunflower oil
2 x 5ml spoons ground coriander
2 x 5ml spoons ground cumin
1 x 5ml spoon ground turmeric
½ x 5ml spoon ground chilli powder
2 x 5ml spoons mustard seeds
400ml boiling water
1 small lemon OR lime
Black pepper (optional)
2 x 15ml spoons fresh coriander (optional)

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tips

- You do not need to peel the potatoes for this dish, which makes it quicker and more nutritious. Leaving the skin on the potatoes stops some of the fibre and vitamins being lost during cooking. The potato's best nutrients are found under the skin.
- You can steam the cauliflower if you want to preserve more of the vitamins.

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Method

1. Wash the vegetables. Chop the potatoes into cubes about 2cm wide. Cut the cauliflower into large florets.
2. Fill a large saucepan with water and bring to the boil. Add the potatoes and the cauliflower and simmer for 8 minutes, until parboiled. They should not be too soft or they will crumble in the frying pan later on.
3. Peel and dice the onion and peel and crush the garlic. Peel the ginger with the teaspoon and grate finely.
4. Add the oil to a large saucepan. Heat the pan on a medium setting and add the onion. Cook for 5 minutes, to allow the onion to soften. Stir regularly with a wooden spoon.
5. Drain the potatoes and the cauliflower through the colander into the sink. Allow the vegetables to stand for 1–2 minutes so that they dry out a little.
6. Add the garlic, ginger, ground coriander, cumin, turmeric, chilli powder and mustard seeds to the onions. Stir for 1 minute.
7. Add the potatoes and cauliflower to the onions. Stir gently to combine all the ingredients.
8. Slowly add the boiling water, 100ml at a time, to the pan. The water will evaporate quite quickly and you need to keep adding more until you get a thick sauce.
9. Using your hand, or a lemon squeezer, squeeze the juice from the lemon or lime. Add this to the pan and stir.
10. Add black pepper to taste (if using). If using the fresh coriander, chop it into small pieces and sprinkle on top before serving.

Something to try next time

- Replace cauliflower with broccoli or add steamed chopped spinach at step 7.
- Add 1 x 5ml spoon of chilli powder to increase the spiciness of the dish.

Prepare now, eat later

- Chop the potatoes and cover with cold water until needed.
- This recipe can be prepared in advance. Store it, covered, in a fridge for up to 24 hours. Reheat until piping hot.

Skills used include:

Measuring, peeling, chopping, crushing, grating, squeezing, mixing/combining, boiling/simmering and frying.

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