



# Arvinda's

A *fresh* APPROACH TO COOKING INDIAN



## Aloo Gobi

Cauliflower Curry with Potato & Peas

### Ingredients:

2-3 tbsp.	oil
½ tsp.	mustard seeds
½ tsp.	cumin seeds
4-6	<b>Arvinda's Curry Leaves</b>
2	medium potatoes, peeled and cubed
½	medium cauliflower, cut into small pieces
1 cup	peas
1 ½ tbsp.	<b>Arvinda's Curry Masala</b>
1 tsp.	salt
1 cup	water
¼ cup	crushed or ground tomatoes, canned
2 tbsp.	cilantro, finely chopped, to garnish
½ tsp.	<b>Arvinda's Garam Masala</b> , to garnish

### Flavouring Tip

Add 2 tbsp. of **Arvinda's Curry Masala** for a spicier curry



### Method of Preparation:

Heat oil in a medium pan. Add mustard and cumin seeds to hot oil. Cover the pan and gently fry until they sizzle and mustard seeds pop. Add **Arvinda's Curry Leaves** to oil. Take care not to burn spices.

Add potatoes, cauliflower and peas. Add **Arvinda's Curry Masala** and salt. Stir fry until all the spices are blended. Cover pan and cook on low heat until potatoes are tender and cooked (approximately 15 minutes).

Add water and ground tomatoes, mix to create a sauce. Simmer for 10 more minutes.

Remove in a serving dish and garnish with **Arvinda's Garam Masala** and cilantro. Serve with basmati rice.

**Serves 4.**