



Achari Gobhi Danthal With Aloo Recipe

Ingredients

- Sachet MAGGI Masala-ae-Magic
- Tablespoons Oil
- 1/4 1/4 Teaspoon Mustard Seeds
- 1/4 1/4 Teaspoon Cumin Seeds
- 1/4 1/4 Teaspoon Kalonji
- 1/4 1/4 Teaspoon Fennel Seed
- 1/4 1/4 Teaspoon Methi Seeds
- Onion (Sliced)
- Teaspoon Ginger (Cut Into Strips)
- Green Chillies (Chopped)
- 1/2 1/2 Teaspoon Turmeric Powder
- 1/2 1/2 Teaspoon Red Chilli Powder
- Teaspoon Coriander Powder
- gms Cauliflower Stem (Chopped)
- gms Potatoe
- 1/2 1/2 Teaspoon Amchur Powder
- 1/2 1/2 Tablespoon Salt (to taste)
- Tablespoons Coriander Leaves (Chopped)

Instruction

1. Heat oil in a kadhai and add all the dry seeds, allow it to splutter and add onion, ginger and saute till transparent.
2. Add green chillies and saute for another minute. Now add turmeric powder red chilli powder and coriander powder. Immediately add cauliflower stem and cook covered for 5 minutes.
3. Add potatoes and cook till both cauliflower stem and potatoes are done. Add MAGGI Masala -ae- Magic and amchur powder and mix well. Adjust salt if necessary.
4. Turn off the flame, add chopped coriander leaves and serve hot with roti or chapati.

Nutrition

Carbohydrates	16.15 g
Energy	158.24 kcal
Fats	9.68 g
Protein	3.07 g

23 Minutes

5 4-5