

Potato and cauliflower curry

Cuisine: Indian

Food category: Vegetables



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Company: Retigo



Program steps

Preheating: 105 °C

1 Combination 50 % Termination by time 00:15 hh:mm 90 °C 100 %

Ingredients - number of portions - 8

Name	Value	Unit
potatoes (maris piper or king edward)	4	pcs
cauliflower	800	g
onion	1	pcs
ginger root, peeled and finely chopped	40	g
cloves garlic, finely chopped	3	pcs
green chilli	3	pcs
Coriander leaves, finely chopped	10	g
lime juice	5	ml
salt	3	g
vegetable oil	50	ml
caraway seeds	6	g
turmeric	3	g
chili powder	6	g
coriander powder	3	g
garam masala	3	g
ground fenugreek	3	g

Directions

1. Pestle the garlic, chilli, fenugreek and ginger adding a few drops of water to get a pasty consistency.
2. In a Dutch oven on medium heat, brown the cumin seeds in oil and add the onion.
3. Once the onions soften, add the garlic-ginger paste and sauté for about a minute before adding all your other spices.
4. Add in the potatoes and sauté for a few minutes before stirring in the cauliflower.
5. Set the oven to 90°C on combi and insert the Dutch oven with the curry. Cook for 15 minutes, or until the cauliflower is tender enough.
7. Finish with fresh lime juice and coriander leaves and serve with naan.

Nutrition and allergens

Allergens:

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Pektin, Se, Zn

Vitamins: A, B, C, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	47.5 kJ
Carbohydrate	5.8 g
Fat	0.6 g
Protein	2.5 g
Water	0 g

Recommended accessories



Enameled GN container