

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
garlic cloves, finely chopped	3	pcs
green chilli	3	pcs
Coriander leaves, finely chopped	10	g
lime juice	5	ml
salt	3	g
5 tbsp 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

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

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.

Recommended accessories



Enameled GN
container