

Tasty Gobi Matar (ASIAN INDIAN)

Yield: 6 Servings- 3/4 cup each

Ingredients:

- 1 medium cauliflower
- 1 cup frozen peas
- 1 cup finely chopped onions (~2 medium onions)
- ¾ cup finely chopped tomatoes
- ½ tsp finely chopped green chilies
- ½ tsp minced ginger
- ½ tsp minced garlic
- ½ tsp caraway seeds
- 1 inch cinnamon stick
- 2 green cardamoms or cloves
- ½ of a star anise -optional
- 4 to 5 black pepper
- 1 small to medium Indian bay leaf
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- ¼ tsp turmeric powder
- ¼ tsp red chili powder
- 1 tsp coriander powder
- ----or 2 tsp of Curry Powder mix-----
- ¼ tsp Garam Masala powder
- 2 to 3 tbsp Extra Virgin Olive oil
- salt as needed (optional)
- chopped mint or coriander leaves for garnish

Preparation

1. Chop or break the cauliflower into small florets.
2. Heat oil and crackle the whole spices for about 3 minutes - cinnamon, cardamoms, caraway seeds, star anise, black pepper and Indian bay leaf.
3. Add chopped onions, green chilies, ginger and garlic. Sauté until the onions become light brown.
4. Then, add the finely chopped tomatoes, turmeric powder, red chili powder and coriander powder, (or curry powder mix). Stir and sauté until the tomatoes soften and you see the oil releasing from the sides.
5. Add cauliflower florets and stir well so that the onion, tomato and spices mix uniformly with the cauliflower florets.
6. Cover with a lid leaving a small opening so that the cauliflower does not burn. Let set for about 4 minutes then add peas and Garam Masala powder. Stir occasionally. Add water if needed.
7. Keep the pan covered and let the gobi matar cook for a further 7 to 10 minutes on a low flame, until the cauliflower and peas have become tender and cooked well.
8. Remove the lid and let the moisture evaporate.
9. Garnish gobi matar with chopped mint or coriander leaves. Serve gobi matar hot or warm with chapatis or phulkas or rotis (Indian flat bread)

Nutritional Information:

Calories: 103; Total Fat: 5g; Total Carbohydrates: 13g; Dietary Fiber: 3.2g; Protein: 4g; Cholesterol: 0.0mg; Sodium: 63mg