DietCloud – Recipe

Recipe Name: Cauliflower Coconut Milk Stew (Recipe In Hindi)

Diet Type:

Course: Lunch

Cuisine: South Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 cabbage - chopped	4
• 2 cloves garlic - grated	
• 1 bay leaf	
• 2 cardamom - grind	
• 1/2 teaspoon whole black pepper - grind	
• 1/2 teaspoon red chilli powder	
• 1/2 teaspoon turmeric Powder	
• 1 cup tomato puree	
• 1/2 cup coconut milk	
• salt - as per taste	
• 3 sprigs of coriander - finely chopped	
• oil - as per use	

Preparation

- To make cabbage stew, prepare sari ingredients first.
- Also make puree of tomato and keep it.
- Now put the cabbage in a steamer with a little salt and steam it for 3 to 4 minutes.
- After that, keep it aside.
- Now heat oil in a pan.
- Add garlic, bay leaves and cook for 10 seconds.
- Now add tomato puree, turmeric powder, black pepper, cardamom powder and red chili powder.
- Mix and let it boil.
- After boiling, add cauliflower, coconut milk and salt.
- Mix and cook for 10 minutes.
- After cooking, turn off the gas and garnish with green coriander.

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- Serve the cabbage stew with rice and beetroot pudding for dinner.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)