DietCloud – Recipe

Recipe Name: Phool Gobi Sabzi (Recipe In Hindi)

Diet Type:

Course: Lunch

Cuisine: North Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 ???? - ??? ??	2
• 2 ????? - ?????? ??? ??	
• 1 ??? ???? - ?? ??	
• 1/2 ???? ????? ????	
• 1 ???? ????? ????? ?????	
• 1-1/2 ???? ????? ??? ????? ?????	
• ??? - ????? ??????	
• 4 ???? ??? ????? - ??? ??	
• ??? - ?????? ??????	

Preparation

• To make the cauliflower vegetable, first heat the oil in a pan.

• Add ginger, cumin seeds and let it cook for 15 seconds.

• After 15 seconds, add tomatoes, turmeric powder, garam masala powder, salt, mix and let it cook for 1 minute.

• Now add cauliflower, 2 tablespoons of water, mix and cover the pan.

• Reduce the flame and let it cook for 10 to 15 minutes.

• After the cabbage is cooked, turn off the gas and garnish with green coriander.

• Serve the Cauliflower Sabzi along with Mint Mung Dal, Bundi Raita and Phulka for the day's dinner.

Macronutrients

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