DietCloud – Recipe

Recipe Name: Gobhi Ke Kofte Recipe

Diet Type:

Course: Lunch

Cuisine: North Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 tablespoon ginger garlic paste	4
• 1/2 cup curd	
• 2 onions - make paste	
• 2 bay leaves	
• 2 big cardamom	
• 1/2 inch lentil sugar	
• 1 teaspoon red chilli powder	
• 1/2 teaspoon turmeric powder	
• 1 teaspoon coriander powder	
• salt - as per use	
• oil - as per use	
• water - as per use	
• 2 sprig of green coriander - finely chopped	
• 250 grams cabbage - tightly	
• 1/2 cup gram flour	
• 1 teaspoon red chilli powder	
• 2 green chillies - finely chopped	
• salt - as per use	
• water - as per use	
• oil - as per use	

Preparation

- To make Gobi koftas, we will first make Koftas.
- Put the ingredients for the koftas in a bowl.
- Add some water and mix well.
- After mixing, make pakoras and keep them aside.
- Heat oil in a pan.

- Add pakoras to it and cook till it turns brown.
- Take out the kitchen towel so that more oil is released.
- Keep it aside.
- Now heat oil in a pan.
- Add long, bay leaves, big cardamom and cinnamon.
- After 1 minute, add ginger garlic paste and cook for 5 to 8 minutes.
- After 5 to 8 minutes, add red chili powder, turmeric powder, coriander powder, salt and cook it for 5 minutes.
- After 5 minutes, reduce the flame and add yogurt.
- Mix and add water as per use.
- Let it cook for 4 to 5 minutes.
- Now add the koftas and cook for 2 more minutes.
- Turn off the gas after 2 minutes and garnish with green coriander.
- Serve gobi kofta with boondi raita and tawa paratha for dinner.

Macronutrients

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