

Recipe Name: Whole Masala Gobhi Recipe - Spiced
Whole Roasted Cauliflower Masala

Diet Type:

Course: Side Dish

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 1 Cauliflower (gobi)	4
• 2 Onions - diced	
• 2 Potatoes (Aloo) - diced	
• 3 tablespoons Sunflower Oil	
• 1 cup Hung Curd (Greek Yogurt)	
• 2 teaspoon Red Chilli powder	
• 2 teaspoons Coriander Powder (Dhania)	
• 1 teaspoon Garam masala powder	
• 2 cloves Garlic - grated	
• 1 inch Ginger - grated	
• Salt - to taste	
• Coriander (Dhania) Leaves - a bunch	

Preparation

- To begin making the Poori Masala Gobhi Recipe, wash the cauliflower and remove the stem and leaves, while keeping the cauliflower as a whole.
- Preheat the oven to 200 C.
- In a small bowl, mix together yogurt, a tablespoon of oil, red chili powder, coriander powder, garam masala powder, ginger garlic paste and salt.
- Once the cauliflower is cool, rub the yogurt mixture all over the cauliflower, potatoes and onions.
- Place the poori gobi (cauliflower) along with the along with onions and potatoes in the roasting pan.



- Drizzle with the remaining oil over the poori gobi masala.
- Once you notice it is cooked, remove the Poori Masala Gobi from the oven and serve.

Macronutrients

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