

Recipe Name: Chettinad Style Chilli Gobhi Recipe

Diet Type:

Course: Snack

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 1 Cauliflower (gobi) - chopped into florets	4
• 2 sprig Curry leaves	
• 1 teaspoon Kashmiri Red Chilli Powder	
• 1/2 teaspoon Black pepper powder	
• 1 teaspoon Ginger Garlic Paste	
• Sunflower Oil - as required	
• 1 tablespoons Corn flour	
• 1 teaspoon Rice flour	
• 1 tablespoons Curd (Dahi / Yogurt)	
• Coriander (Dhania) Leaves - Few sprigs	
• 1 teaspoon Ghee	
• 1 teaspoon Mustard seeds	
• 2 Green Chillies - slit	
• 2 Dry Red Chillies	

Preparation

- To begin making the Chettinad Style Chilli Gobhi Recipe, in a large pot, boil water and blanch cauliflower florets for one minute.
- Drain and keep aside.
- Take a bowl and whisk together corn starch, rice flour, red chilli powder, salt, pepper powder, ginger garlic paste and curd.
- Dip blanched cauliflower florets in it and deep fry them in oil or fry them using the air fryer.
- In a small pan, heat the ghee for tempering and add mustard seeds, curry leaves, red chillies, green chillies and fry for 2 minutes.
- Pour over fried gobi and serve hot garnished with a few coriander leaves.



Macronutrients

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