

Recipe Name: Cauliflower Thoran Recipe (Kerala Style Cauliflower)

Diet Type:

Course: Lunch

Cuisine: South Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 Cauliflower (gobi) - finely chopped	4
• 4 Onions - finely chopped	
• 1 tablespoon Coconut Oil	
• 1 teaspoon White Urad Dal (Split)	
• 1 teaspoon Mustard seeds	
• 1 teaspoon Cumin seeds (Jeera)	
• 12 Curry leaves	
• 4 tablespoons Fresh coconut - scrapped	
• 4 Green Chillies - chopped or minced	
• 1/2 teaspoon Turmeric powder (Haldi)	
• Salt - to taste	

Preparation

- To begin making the Cauliflower Thoran, first heat the oil in a heavy bottomed pan.
- Add the mustard seeds and once they splutter add the cumin seeds.
- Add the green chillies, turmeric powder, curry leaves and the cauliflower florets.
- Sprinkle salt and cook covered till the cauliflower just becomes soft.
- Add a splash of water if it sticks to the vessel.
- Add the coconut and mix.
- Cook for 1 to 2 minutes and take it off the heat.

Macronutrients



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

