

Recipe Name: Spicy Sichuan Cauliflower Recipe

Diet Type:

Course: Appetizer

Cuisine: Indo Chinese

Quantity:



Ingredients

Ingredient	Quantity
	2

Preparation

- It should be blanched so that it is cooked but remains firm.
- Drain and reserve the blanched water.
- Heat oil in a pan.
- Add cauliflower and mix gently on low flame.
- Mix well.
- Check the consistency of the gravy and adjust with water if desired.

Macronutrients

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