

Ingredients

Quantity:	Measure:	Ingredients:	Description:
1	Small	Cauliflower (Phool Gobhi)	cut florets
1/4	Teaspoon	Aam-Chur (sour mango powder)	dry masala
1/4	Teaspoon	Coriander Powder	dry masala
A	Little	Turmeric Powder	dry masala
A	Little	Pepper Powder	dry masala
1/4	Teaspoon	Jeera (Cumin Seeds)	crushed, dry masala
1	Tablespoon	Cooking Oil	
1/4	Inch	Ginger (Adhrak)	finely chopped
3	Flakes/Cloves	Garlic (Lason, Losun)	crushed
1	Small	Onion	finely chopped
1	Small	Capsicums - Green (Simla Mirch)	sliced vertically
1	Small	Tomatoes	cubed
1	Medium	Chillies Green	sliced vertically
	Handful	Coriander Leaves (Kothmirs)	washed and chopped
	As Required	Salt	to taste

Method

- 1.Cut cauliflower florets into cubes. Put them in a vessel. Add all dry masalas, toss and keep aside.
- 2.Heat oil in a deep pan, add ginger garlic, stir for a moment.
- 3.Add onions, capsicum, stir fry till onions are tender. Add tomatoes, chillies, stir for 1 minute.

4. Add seasoned cauliflower, and salt. Stir and sauté for 5 minutes.
5. Garnish with chopped coriander leaves.