

Contributed by Lolita Britto

## Ingredients

| Quantity | Measure    | Ingredients                  | Description |
|----------|------------|------------------------------|-------------|
| 1/2      | Kilogram   | Cauliflower                  |             |
| 1        | Medium     | Chilly Paste (green)         | chopped     |
| 1/2      | Teaspoon   | Chilly Powder, Red           |             |
| 2-3      | Tablespoon | Coriander Leaves (Kothmeeth) | chopped     |
| 1        | Tablespoon | Curds                        |             |
| 1/2      | Teaspoon   | Garam-Masala                 |             |
| 2        | Teaspoon   | Ginger                       | grated      |
| 1/3      | Teacup     | Tomatoes                     | chopped     |
| 1/4      | Teaspoon   | Turmeric Powder              |             |

## Method

Wash, drain, and cut cauliflower into 1 inch flowerets, including stem.

Combine chili powder, ginger, tomato, green chili, turmeric with the yogurt in A small bowl. Spray with palm, use nonstick pan, use a little water, whatever you do to nonstick yourself.

Put Cauliflower into pan then pour spices over the top. Cover pan tightly and cook over LOW heat for 10-15 minutes

(Cauliflower will steam in the spicy mixture). Stir in half the coriander leaves, increase heat to medium, and cook with lid off, for another 5-6 minutes, to evaporate excess moisture. turn off heat and sprinkle with

garam masala and remaining coriander leaves. Make sure all liquid is evaporated, Serve with basmati rice. 4 servings, less than 98 calories

