

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

