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Indian Potato-Cauliflower Curry

We love the complex spice blends of Indian food. This recipe captures the flavors we love so much without requiring long hours in the kitchen. In fact, it's fast enough for a weeknight meal.

1/4 cup olive oil
1 cauliflower head, cut into florets
3 medium russet potatoes, peeled and diced

1 Tbs. olive oil
1 tsp. cumin seeds
4 cloves
1/2 tsp. cardamom, ground
2 bay leaves
1 tsp. asofoetida
1 Tbs. ginger, minced
1 tsp. coriander seeds
1 tsp. crushed red pepper flakes
1/2 tsp. turmeric

1 14-ounce can tomato sauce
1 cup frozen green peas, thawed

1 Tbs. cilantro, chopped for garnish

In a large cookpot, sauté cauliflower and potatoes in oil on low heat for 8 to 10 minutes, adding more oil if necessary. Remove from heat and cover.

Heat 1 tablespoon of olive oil in a small saucepan. Sauté all spices over medium heat for 2 to 3 minutes. Add tomato sauce and peas, and blend well. Add to cauliflower and potatoes and stir. Remove bay leaves and sprinkle with cilantro just before serving.