



Cauliflower Tikka Masala Sabji (LV)

Serving: 1

Veg

Ingredients

- 1 cup medium-sized florets
- 1 onions - finely chopped
- 1 garlic cloves - finely chopped
- 1 tbsp ginger -finely chopped
- 1/4 cup Tomato puree
- 2 tbsp fresh coriander
- 1 tsp garam masala
- 1 tsp turmeric
- 1/2 tsp ground coriander
- 1/2 tsp paprika
- 1/2 tsp cinnamon
- 1 tsp vegetable oil
- Salt to taste
- Water 1 cup

Preparation Method

- Heat the oil in a large sauté pan and gently fry the onion,ginger and garlic. Cook on a medium for a few minutes and take off the heat before they brown.
- Add the items along with water, tomato puree and fresh coriander to a blender and mix until a fine sauce.
- Pour the sauce into the pan and mix in the spices.
- Add the cauliflower and cook for fifteen minutes, stirring regularly as the sauce thickens.
- Once the cauliflower is cooked remove from the heat and sprinkle with chopped fresh coriander
- Serve .