

# ALOO GOBI MATAR

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## INGREDIENTS

2 cup cauliflower florets  
2 cups potatoes, peeled and chopped  
1 or 1.5 cups peas, fresh or frozen  
2 small tej patta or 1 large tej patta (indian bay leaf)  
1 or 2 green chilies, slit  
½ teaspoon cumin seeds  
¼ cup chopped onion  
½ teaspoon turmeric powder  
½ teaspoon red chili powder  
½ teaspoon Garam Masala Powder  
1 teaspoon coriander powder (ground coriander)  
1 teaspoon dry fenugreek leaves, crushed (kasuri methi)  
2 tablespoon oil  
few coriander leaves for garnishing (cilantro leaves)  
salt as required

### For The Masala Paste

½ cup chopped onion  
3 medium size tomatoes, chopped  
½ inch ginger  
3 to 4 garlic

## METHOD

### Step 1:

#### Preparation

Firstly, rinse and chop all the veggies.

Keep the cauliflower florets in salted water for 15-20 minutes.

Then drain the florets and keep aside.

### Step 2:

Blend the the onion, tomatoes, ginger and garlic till smooth in a blender with no water or very little water.

### Making Aloo Gobi Matar

#### Step 1:

Heat oil in a pan. Fry the cumin first with the bay leaves.

Add the chopped onions and fry till light brown. Add the ground onion-tomato paste

#### Step 2:

Stir and then add the following spice powders, one by one - ½ teaspoon turmeric powder, ½ teaspoon red chili powder, 1 teaspoon coriander powder and ½ teaspoon garam masala powder.

#### Step 3:

Fry the masala till the oil starts to leave the sides. Keep on stirring so that the masala does not stick to the pan. This might take around 7-9 minutes.

#### Step 4:

Now add the cauliflower florets, potatoes and peas. Then add 3 cups of water and stir the curry.

#### Step 5:

Finally add the slit green chilies and salt. Let the whole curry come to a boil.

Then cover with a lid and let curry simmer till the veggies are cooked. Finally, add crushed kasuri methi leaves

#### Step 6:

Garnish with coriander leaves and serve aloo gobi matar hot with some chapatis or steamed rice.

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# THE COOKERY

by The Secret Jozi Chef