



Cauliflower & Broccoli Curry

Ingredients

- g cauliflower
- g Broccoli
- g Garlic
- g Ginger
- Leafs Curry Leaves
- 1/2 1/2 tsp Mustard Seeds
- 1/2 1/2 cups MAGGI coconut milk powder
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- tbsp Roasted curry powder
- tbsp Turmeric powder
- g Cumin Seed
- g Coriander leaves
- g Salt
- g Onion
- g Tomatoes
- Capsules Green chilis
- Leaf Pandan Leaves
- g Cinnamon
- tbsp Chili powder
- tbsp Corn oil

Instructions

1. Soak the cauliflower and broccoli florets in salt water for about 10-15 minutes. Wash and keep aside.
2. Heat oil in a pan. Slightly temper mustard seeds, onions, ginger, garlic, pandanus leaf, curry leaves and green chilies on medium heat.
3. Add the tomatoes and temper for a further 3-4 minutes.
4. Add all the spices and stir well. Add salt to taste.
5. Add cauliflower and broccoli to the pan and stir.
6. Pour in thin milk, cover and cook for about 4 - 5 minutes. Add thick milk and bring to boil. Lower the heat and let the curry simmer. Take off the fire.

Nutrition

Carbohydrates	21.56 g
Energy	212.85 kcal
Fats	24.15 g
Fiber	8.19 g
Protein	6.1 g
Sodium	294.33 mg
Sugars	6.84 g

60 Minutes

4 Portions