



Indian Stir-Fried Cauliflower

Prep: 20 minutes | Cook: 25 minutes | Total: 45 minutes

Yield: 8 servings | Serving Size: ~1 cup

Ingredients

2 tablespoons peanut, avocado, or canola oil
1 medium onion, diced (about 1 cup)
½ teaspoon salt
3 cloves garlic, minced (about 1½ teaspoons)
½ teaspoon grated or minced fresh ginger
2 fresh green chile peppers (e.g. jalapeño, serrano), cut lengthwise, seeded, and minced
2 teaspoons ground coriander
1 teaspoon ground turmeric
1 teaspoon chili powder
¼ teaspoon ground black pepper
¼ cup water
1 medium cauliflower head, cut into florets (about 2 pounds; 4-6 cups)
2 cups frozen green peas
1 lime, cut into 8 wedges

Directions

1. Heat a large skillet or sauté pan over medium-high heat.
2. Add the oil and heat until shimmering.
3. Add the onion and salt. Cook, stirring occasionally, until the onion is softened and slightly brown, about 6-8 minutes.
4. Add the garlic, ginger, chile peppers, coriander, turmeric, chili powder, and black pepper. Cook, stirring often, for 3-4 minutes.
5. Add the cauliflower florets. Cook, stirring constantly, for 1-2 minutes.
6. Add the water and cover the pan with a lid.
7. Cook until the cauliflower is fork-tender, about 8-10 minutes.
8. Add the peas and continue cooking until warmed through, about 1-2 minutes.
9. Serve warm, with a lime wedge to squeeze on juice as desired.

**Nutrition Facts Per Serving: Calories: 90 | Total Fat: 4 g | Saturated Fat: 0.5 g
Sodium: 175 mg | Total Carbohydrate: 11 g | Dietary Fiber: 4 g | Protein: 4 g**

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