



UCOOK

Aloo Gobi & Jeera Rice

with crispy lentils, a yoghurt drizzle & fresh coriander

An authentic yet simple recipe of Indian-spiced potatoes and cauliflower that will delight your taste buds and tickle your senses! This delicious dish requires only enthusiasm and is super easy to make. Served with fluffy cumin seed speckled basmati rice - you're in for a real treat!

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Megan Bure

 Veggie

 Creation Wines | Creation Viognier 2022

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Ingredients & Prep

1	Onion <i>peeled & finely sliced</i>
20ml	Curry Spice <i>(10ml NOMU Garam Masala Rub, 5ml Mustard Seeds & 5ml Turmeric)</i>
1	Garlic Clove <i>peeled & grated</i>
1	Fresh Chilli <i>deseeded & roughly chopped</i>
100g	Tomato Passata
250g	Potato Chunks <i>cut into bite-sized chunks</i>
120g	Lentils <i>drained & rinsed</i>
10ml	Cumin Seeds
100ml	White Basmati Rice <i>rinsed</i>
4g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>
200g	Cauliflower Florets <i>cut into bite-sized chunks</i>
60ml	Low Fat Plain Yoghurt

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter (optional)

1. READY, ALOO, GOBI! Preheat the oven to 220°C. Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion for 3-4 minutes until soft, shifting occasionally. Add the curry spice, the grated garlic, and ½ of the chopped chilli (to taste). Fry for 1-2 minutes until fragrant. Add the tomato passata, the potato chunks, and 50ml of water. Simmer for 12-15 minutes until reduced and thickening.

2. CRISPY LENTILS Place the drained lentils on a roasting tray. Toss in a drizzle of oil and some seasoning, and spread them out in a single layer. Roast in the hot oven for 12-15 minutes until crispy.

3. JEERA RICE Place a pot over medium-high heat with a drizzle of oil. When hot, add the cumin seeds and fry until the seeds begin to pop and splutter. Add in the remaining chopped chilli (to taste) and the rinsed rice. Toast the rice in the pan for 1-2 minutes then stir through 225ml of salted water. Bring to the boil, then reduce the heat and simmer for 8-10 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes. Drain if necessary, add ½ of the chopped coriander to the pot, and fluff up with a fork.

4. ALMOST THERE In the final 5-10 minutes, add the cauliflower chunks to the aloo gobi and simmer until softened on the outside with a bite on the inside. Season and cover to keep warm until serving.

5. TIME TO EAT! Bowl up a delicious steaming pile of the jeera rice and top with a generous helping of the aloo gobi. Scatter over the crispy lentils, drizzle with the yoghurt, and garnish with the remaining chopped coriander and any remaining chilli (to taste). There you have it, Chef!



Chef's Tip

Toasting the rice helps to add more flavour and prevents it from becoming sticky and stodgy.

Nutritional Information

Per 100g

Energy	448kj
Energy	107kcal
Protein	5g
Carbs	21g
of which sugars	2.2g
Fibre	4.2g
Fat	0.6g
of which saturated	0.1g
Sodium	36mg

Allergens

Dairy, Allium

Cook
within 3
Days