RECIPE

Browned potato and cauliflower dry curry

A vegan dinner of potatoes and cauliflower browned in olive oil, then steamed in a tomato and spice masala, with about 497 mg sodium a serving.

MAKES

4 servings US Metric

TOTAL

55 min

Ingredients

- [ ] 2 tbsp olive oil, divided: 2 tsp for the potatoes, 2 tsp for the cauliflower, 2 tsp for the masala
- [ ] 2 medium potatoes, skin on, scrubbed, in ½-inch cubes
- [ ] 4 cups cauliflower florets, tender stem included, in 1½-inch pieces
- [ ] 1 large onion, finely chopped
- [ ] 1 tsp whole cumin seeds
- [ ] 1 tbsp grated fresh ginger
- [ ] 1 tsp garlic powder
- [ ] 2 tsp ground coriander
- [ ] ½ tsp ground turmeric
- [ ] ¼ tsp cayenne pepper
- [ ] ½ tsp ground black pepper
- [ ] 3 tbsp no-salt-added tomato paste
- [ ] ¾ tsp salt

Method

1. Measure the coriander, turmeric, cayenne, black pepper and garlic powder into one small bowl. Cut the potatoes, cauliflower and onion, and grate the ginger. Weigh the cauliflower: 428 g.

2. Heat 2 tsp of the oil in a 12-inch lidded skillet over medium-high heat. Add the potatoes in one layer and cook 8 minutes, stirring every 2 minutes, until golden in spots. They will still be hard inside. Tip them onto a plate.

3. Add 2 tsp oil to the same pan. Add the cauliflower and cook 5 to 6 minutes, stirring every 2 minutes, until browned in spots and still firm. Put it on the plate with the potatoes.

- [ ] ⅓ cup water
- [ ] 1 tbsp lemon juice
- [ ] ¼ cup chopped fresh cilantro

4. Turn the heat to medium and add the last 2 tsp oil and the cumin seeds. When they sizzle and darken a shade, about 20 seconds, add the onion. Cook 6 to 8 minutes, until soft and golden at the edges.

5. Stir in the ginger, the bowl of spices and the tomato paste. Cook 1 minute, scraping the bottom, until the paste darkens and smells toasty.

6. Return the potatoes and cauliflower to the pan. Add the salt and the water and stir to coat. Cover and cook over medium-low heat for 10 to 12 minutes, stirring once. Water boils near 203 °F at 5,430 ft, so go by the fork: the potato should break easily and the cauliflower stem should slide off a fork.

7. Take off the lid and cook 2 minutes, stirring, until the pan is dry and the spices cling to the vegetables.

8. Off the heat, stir in the lemon juice and cilantro. Serve hot.

9. Cool leftovers within 2 hours, or within 1 hour if the room is above 90 °F, then refrigerate in a covered container. Reheat to 165 °F.