

Aloo Gobi-ish

Adapted from: Jeanine Donofrio (*Love and Lemons*)

Prep time: 5-10 minutes

Cook time: ~40 minutes

Total time: 35-45 minutes

Serves: 3



Ingredients

2 tbsp. coconut oil
1 medium yellow onion, chopped
1 large clove garlic, minced
2-3 small yellow potatoes, chopped into small cubes
1 tbsp. mustard seeds
2-3 tsp. ginger, grated
¼ cup water

1 small head cauliflower, broken into small florets
½ cup coconut milk
½ cup peas (frozen or not)
a few handfuls of chopped kale or spinach
juice of 1 lime
cilantro
a few pinches of cayenne (optional)
1 cup protein of your choice (optional)

Instructions

1. Heat oil in a large skillet over medium heat. Add the chopped onion, a few pinches of salt and pepper, and cook until translucent. Add the mustard seeds, curry powder and stir.
2. Add the garlic, ginger, potatoes and another few pinches of salt. Stir and let the potatoes cook for a few minutes without touching them.

3. Add water to the pan, cover, and reduce heat to low. Let the potatoes steam until the water is evaporated and they're tender (10-15 minutes or so). Uncover and stir in the cauliflower florets. Let the cauliflower cook until tender but not mushy, stirring occasionally (about 5-8 minutes).
4. Add coconut milk, peas, a handful of kale or spinach, a squeeze of lime and let everything simmer together (uncovered) for another few minutes. Stir in cilantro and taste and adjust seasonings. (optional step - Add protein back into the pan until it's warmed through). Serve with basmati rice or naan.

Note: To cook the potatoes faster, pre-bake, boil, or microwave them so they just slightly begin to soften before you start.