Cauliflower Capsicum Curry / Gobi Shimla Mirch Ki Subzi



This curry is the combination of cauliflower and capsicum, both are delicious vegetables , rich in nutrients like vitamins, minerals and dietary fiber. This curry is so flavorful and simple to make. Good accompaniment for this curry are chapathi or jeera rice or dosa.

Ingredients

To Boil

1 Small Cauliflower, about 2 Cups

To Saute and Grind

2 Tsp of Oil
1/4 Tsp of Cumin/ Jeera
1/2 Tsp of Mustard Seeds
1 Medium Size Onion, Finely Chopped
1 Tsp of Ginger Garlic Paste
1 and 1/2 Large Tomatoes
1/2 Large Green Bell Pepper/Capsicum
1 Clove
1 Cinnamon
1 Small Cardamom
1/2 Tsp(30) Whole Pepper Corns
1/8 Tsp of Turmeric Powder
1/4 Tsp of Red Chilly Powder
Salt to Taste

To Temper

2 Tsp of Butter
1/4 Tsp of Cumin / Jeera
1 Medium Size Onion, Finely Chopped
1/2 Large Green Bell Pepper/ Capsicum

Method

- Wash bell pepper and cauliflower florets in hot tap water. keep this aside.
- In a pan, boil the cauliflower florets in water along with salt for 7-10 mins. Keep this aside.

Sauteing and grinding

- Heat oil in a pan, add mustard, cumin, after it splutter, add onion and salt, fry till it turns golden brown color.
- Add ginger-garlic paste, fry until raw smell vanishes.
- Add chopped tomato and green bell pepper/capsicum, fry until it turns soft.
- Add clove, cinnamon, pepper corns, cardamom, turmeric powder and red chilly powder. Fry for 1-2 mins. Turn off the flame. Let it cool for 5 mins. Grind this in a blender to a smooth paste by adding little water.

Tempering

- Heat butter in a pan, add cumin, after it crackles, add onion, capsicum/bell pepper, cauliflower florets and little salt, fry for 2-3 mins .
- Add ground paste, mix well with all the veggies. Add enough water, bring it to a boil, simmer it for 5 mins. Check the salt and turn off the flame.
- Serve with hot chapathi or jeera rice or dosa.



Tips

- You can enrich the taste, by adding some cashews.
- Increase or decrease the amount of red chilly powder according to your taste buds.
- You can follow the same recipe, by adding potato and peas instead of cauliflower and capsicum.

Health Benefits of Bell Pepper and Cauliflower

Bell Pepper / Capsicum

- Bell peppers/ capsicum rich in vitamin A, C
- Bell pepper are rich in dietary fiber.
- They are rich in antioxidants.

Cauliflower

- Excellent source of antioxidants.
- Anti-inflammatory properties.
- Protect against cardiovascular and cerebrovascular disease.
- Clean your digestive system.
- Good source of vitamin B and minerals.

