EASY & QUICK CAULIFLOWER FRY | CAULIFLOWER PORIYAL



Cauliflower fry is a simple, quick to make side dish. This simple vegetable stir fry can be made with less ingredients in a very less time. It tastes so good with **sambar rice** or **rasam rice** or **curd rice** or any variety rice dishes like **coconut rice**.

Ingredients

1 Small Cauliflower, about 1 and 1/4 Cup of Florets

1.5 Tsp of **Sambhar Powder**
Salt to Taste
Water as needed

To Temper

2 Tsp of Cooking Oil
1 Tsp of Mustard Seeds
1 Tsp of Urad Dal
1 Sprig of Curry Leaves

Method

- Separate the florets from cauliflower and wash it in tap water.
- Heat oil in a cast iron pan, when it is hot, add mustard seeds, urad dal and curry leaves, after it splutters, add cauliflower florets and salt, fry this for few mins, sprinkle some water, mix it, cover and cook this for 5 mins until it turns soft and cooked.
- Add **sambhar powder** to the cauliflower florets, fry this for a min, in a medium flame, cover and cook this for 5 mins until you get brown spots. Once it done, turn off the flame.
- Serve with **coconut rice** or **sambar rice** or **rasam rice**.

Tips

- Adjust spiciness according to your taste.
- If you don’t have sambhar powder, add 2 tsp of coriander powder, 1 tsp of red chily powder and 1/2 tsp of turmeric powder.

Healthy Benefits of 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.

