

Less than 45 minutes

Serves 4

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Ingredients:

- ¼ cup (60ml) vegetable or avocado oil
- 1 tsp (5ml) cumin seeds
- 1 tsp (5ml) mustard seeds
- Handful curry leaves (optional)
- 2 onions, thinly sliced
- 5-6 medium potatoes, peeled and diced
- 3 tomatoes, roughly chopped
- 1 Tbsp (15ml) garam masala
- 1 Tbsp (15ml) medium curry powder
- Salt and milled pepper
- 1 medium cauliflower, cut into florets
- Juice (60ml) of 1 lemon
- Handful fresh coriander, chopped
- Basmati rice or rotis and sambal, for serving (optional)

Method:

1. Heat oil in a large saucepan.
2. Add cumin and mustard seeds and curry leaves and cook until seeds begin to sputter.
3. Add onion and sauté for a few minutes or until it begins to soften.
4. Toss in potato and cook, tossing occasionally, for 6-7 minutes.
5. Add tomato, spices and seasoning.
6. Cover and cook for 15 minutes, tossing regularly until browned.
7. Stir through cauliflower once potato is tender and cook for about 5 minutes.
8. Season well and stir through lemon juice and coriander.
9. Serve curry with rice or rotis and sambal on the side.

Check Out Our [Chicken Curry Recipe](#)