



Recipe Name: ROASTED CAULIFLOWER WITH FENUGREEK

Ingredients:

1	Cauliflower (chopped)
3	Garlic cloves (cut into slices)
0.5 Tsp.	Fenugreek seeds
1	Chili pepper (red, dried, crumbled)
3 Tbsp.	Oil
0.5 Tsp.	Salt

Steps to follow:

Heat oil in a pan or a wok. Add garlic, fenugreek seeds and chili and roast quickly. Add the cauliflower florets and roast slightly. Reduce the temperature and close the lid. Cook for 30-40 minutes without adding liquid but stirring occasionally. Serves 2 as a main dish or 4 as a side dish. Serve with Indian flatbread and chutney.