

Potato and Cauliflower and peas fried rice

From Chetna you tube

- Ingredients:
- Red Onion
- 1 potato
- 1 cauliflower
- 1 tsp veg oil
- 1 green chili
- 75 grams frozen peas
- 1 tsp salt
- 1/3 tsp chili powder
- ½ tsp turmeric
- ½ tsp garam masala
- Cooked Fluffy white rice

Slice red onion

Roughly chop cauliflower slightly smaller than the potatoes

Add 1 tsp veg oil to pan

Add 1 tsp cumin seeds, when they start to sizzle, at the onion.

Add one green chili

Cook for three to four minutes, when it start to turn golden brown, add the other vegetables

Add 75 grams of frozen peas, the chopped cauliflower and the potatoes

Add one teaspoon of salt ½ teaspoon of chili powder, ½ teaspoon of turmeric and ½ teaspoon of garam masala.

Add a tablespoon of water to help it cook

Mix well and cover with lid

Cook for 10 to 12 minutes after reducing the heat.

Add fluffy white rice.

Mix carefully

Warm up the whole mixture

Add some yogurt

Enjoy