



Aloo Gobi tray bake

Recipe by Chelsea Goodwin



Serves 4



Prep: 15 minutes

Cook: 45 minutes

INGREDIENTS

- 400g cauliflower, broken into small florets
- 600g potatoes, peeled and cut into 3 to 4cm cubes
- 3 tomatoes, diced
- 1 red onion, cut into wedges
- 400g tin chickpeas, rinsed and drained

Aloo Gobi Seasoning

- ¼ cup (60ml) vegetable oil
- 2 teaspoons finely grated fresh ginger
- 4 cloves garlic, crushed
- 2 tablespoons lemon juice
- 1 teaspoon salt
- 1 teaspoon garam masala
- 1 teaspoon ground coriander
- ½ teaspoon ground turmeric
- ½ teaspoon ground cumin
- ¼ teaspoon cayenne pepper
- ¼ teaspoon ground cinnamon

Yoghurt Sauce

- ½ cup (140g) plain Greek yoghurt
- 1 teaspoon lemon juice
- ¼ teaspoon ground cumin

To Serve

- Steamed basmati rice
- Coriander leaves

DIRECTIONS

Prep

- Preheat the oven to 180°C.
- In your largest mixing bowl, stir together all the aloo gobi seasoning ingredients.
- Prepare the vegetables and add them to the mixing bowl as you go. Break the cauliflower into small florets, peel the potatoes and cut them into 3 to 4 cm cubes.
- Dice the tomatoes and cut the onion into wedges. Tip the chickpeas into a colander to rinse and drain.
- Gently stir all the ingredients in the seasoning until they are well coated.

Cook

1. Carefully tip the vegetables and chickpeas into a large shallow baking dish and spread out in a single layer.
2. Bake for 45 minutes, or until the potatoes are tender.
3. While the tray bake is in the oven, mix the yoghurt sauce ingredients together in a small bowl.
4. Serve the vegetables and chickpeas over rice, drizzled with yoghurt sauce and garnished with coriander leaves.



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