

Recipe

Cauliflower and Broccoli in Spiced Almond Sauce

By

Bhaktin Mallika



Ingredients

- Cauliflower - ½ small sized
- Broccoli - ½ small sized
- Capsicum - 1 medium sized
- Peppercorns - 5-6
- Almonds - 10-12
- Butter - 3 tbsp
- Red chili flakes - 1 tsp
- Tomato puree - ¼ cup
- Tomato ketchup (without Onion and Garlic)- 2 tbsp
- Salt - to taste
- White sauce - ½ cup
- Dried mixed herbs - ¼ tsp

Preparation

1. Wash and cut cauliflower and broccoli into small florets.
2. Wash and cut capsicum into half-inch sized square pieces.
3. Crush peppercorns.
4. Put almonds in one cup of boiling water for two minutes.
5. Drain, peel and grind almonds to a fine paste with half a cup of water.
6. Heat butter in a pan, Add cauliflower, capsicum, red chili flakes and mix.
7. Cover and cook for three minutes.
8. Add tomato puree, tomato ketchup, salt, crushed peppercorns, white sauce, mixed herbs, almond paste, broccoli and half a cup of water.
9. Stir to mix well. Cover and cook for five minutes. Serve hot.

Serves

4 Persons

www.iskcondesiretree.com

**Hare Krishna Hare Krishna Krishna Krishna Hare Hare
Hare Rama Hare Rama Rama Rama Hare Hare**