

recipe

SWASTHI'S RECIPES

Aloo gobi recipe

By SWASTHI , on JUNE 15, 2020 , , JUMP TO RECIPE

Aloo gobi – Here is the recipe to make **the best aloo gobi** that's simply delicious, flavor packed & healthy. Aloo translates to potato and Gobi to cauliflower. This spiced potato & cauliflower stir fry is one of the popular Indian dishes & is prepared in most Indian homes. It goes well with plain rice, roti, **paratha** (<https://www.indianhealthyrecipes.com/paratha-recipe-plain-paratha/>), **naan** (<https://www.indianhealthyrecipes.com/naan/>) or any flavored rice like **Jeera rice** (<https://www.indianhealthyrecipes.com/jeera-rice-recipe/>) or **ghee rice** (<https://www.indianhealthyrecipes.com/ghee-rice/>).



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I make aloo gobi in a few different ways. It can be made to a semi dry curry or to a gravy. I often make the semi dry version for the lunch boxes to school & office as it is easy to prepare.

Another version is the restaurant style curry that I do prepare on the weekends or occasions. You can find both the recipes on this post.

Aloo gobi that's served in restaurants is made by first deep frying potatoes & cauliflower to golden & crisp. Then just tossed in the prepared masala. For home cooking, to make it healthy I prepare it as shown here.

Though making this is simple & easy, the cooking process is a bit different. A perfectly made home style aloo gobi has soft cooked potatoes & slightly crunchy cauliflower that are not soggy.

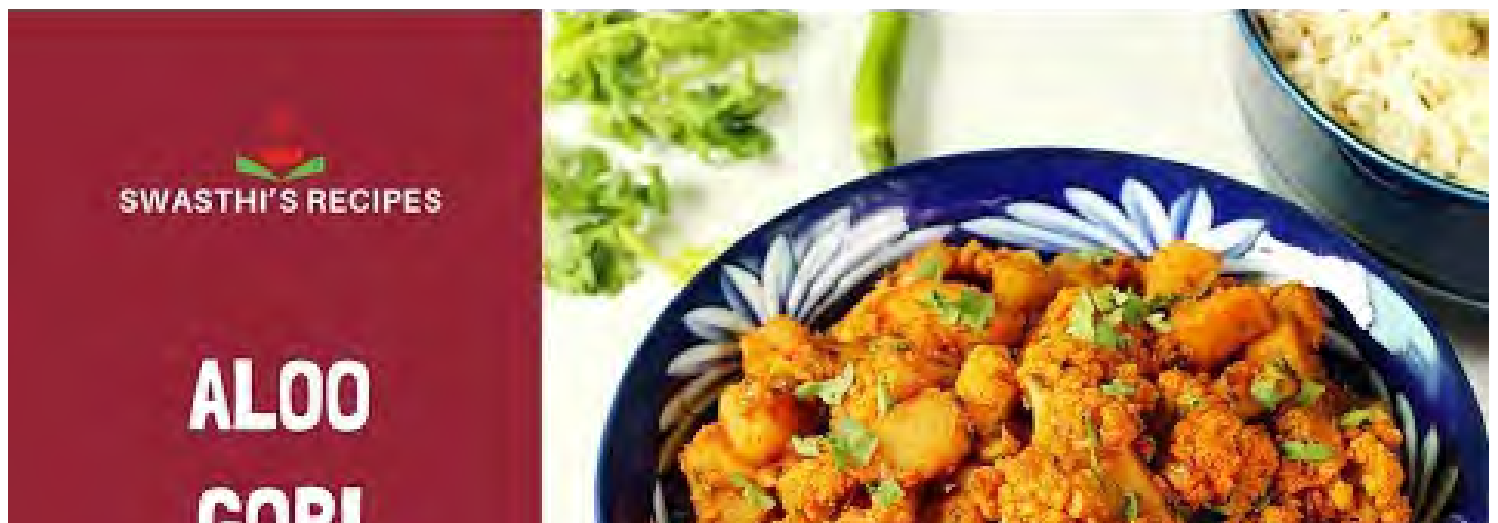
Potato & cauliflower have 2 different cook times. So cooking a dish with these 2 veggies can be a bit tricky.

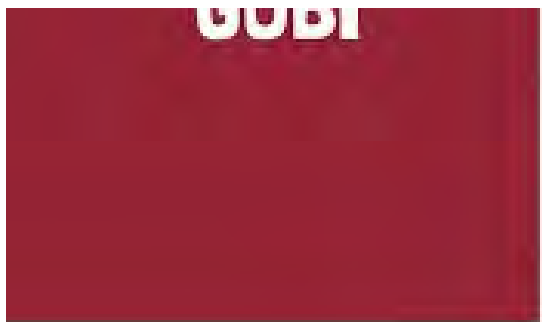
More **Cauliflower recipes** (<https://www.indianhealthyrecipes.com/recipe/cauliflower-recipes/>)

Gobi 65 (<https://www.indianhealthyrecipes.com/gobi-65-recipe-baked-grilled-version-step-by-step/>)

Simple cauliflower curry (<https://www.indianhealthyrecipes.com/cauliflower-curry-recipe/>)

Cauliflower pakoda (<https://www.indianhealthyrecipes.com/cauliflower-pakoda-gobi-pakora-recipe-gobi-recipes/>).





Aloo gobi – Recipe 1

For the preparation steps please follow the recipe card.

1. Pour 2 tablespoons oil to a heavy bottom pan and heat it. Add cumin seeds. When they begin to crackle, add 1 tablespoon ginger garlic. Saute just for 30 seconds.



2. Then add 1 finely chopped onion & 1 chopped green chili. Fry them until onions turn transparent.



3. Drain the potatoes from water and add them. Fry for 2 to 3 mins.



4. Next cover and cook until they are half done. If the potatoes dry out, then sprinkle little water and cook.



5. When the potatoes are half cooked, add cauliflower and stir fry for 3 mins. Then add

- $\frac{3}{4}$ to 1 teaspoon red chili powder
- 1 teaspoon garam masala
- $\frac{3}{4}$ teaspoon coriander powder
- $\frac{1}{4}$ teaspoon turmeric



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6. Mix all of them well. Cook covered until both potatoes and cauliflower are almost tender. Then sprinkle salt and mix. Cover and cook again until potatoes are soft & fully cooked. The cauliflower should remain slightly crunchy.



7. Add 1 chopped tomato (or 1 tbsp tomato paste) (optional). Crush 1 teaspoon kasuri methi in your palms and sprinkle it here. Stir fry on a medium high heat until the tomato blends well with the aloo gobi masala. The raw flavor of the tomatoes should vanish. This just takes 2 to 3 mins. At this stage check the salt and spice. Add more if needed.



8. Garnish aloo gobi with coriander leaves and serve hot with rice or roti. You can sprinkle lemon juice if you have skipped tomato.



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You can find the recipe 2 – for aloo gobi masala towards the end of this post.

Tips to make best aloo gobi

1. Always saute & cook potatoes until half done before adding the cauliflower. Potatoes take longer to cook than cauliflower so avoid adding them together to the pan.
2. Do not add salt till the potatoes are almost done. Adding salt will prevent them from cooking well since there is no water used.
3. The latter part of cooking has to be done on a low flame which helps the veggies to release some moisture and cook well without burning.

4. If using tomatoes do not add them until the potatoes are soft cooked. The acid in the tomatoes will prevent the aloo from cooking well.

More **Potato recipes** (<https://www.indianhealthyrecipes.com/potato-recipes-aloo-recipes/>)

Aloo matar (<https://www.indianhealthyrecipes.com/aloo-matar-recipe-aloo-mutter-recipe/>)

Punjabi Dum aloo (<https://www.indianhealthyrecipes.com/dum-aloo-recipe/>)

Jeera aloo (<https://www.indianhealthyrecipes.com/jeera-aloo-recipe/>)

Quick aloo methi (<https://www.indianhealthyrecipes.com/aloo-methi-recipe-dry-aloo-methi/>)

Variations

1. This can be made without onion, tomatoes, garlic & even green chili. I do make this baby version for my young boys as they are fussy to eat it with all of those ingredients.
2. My recipe shared here has all of the above ingredients and makes the best aloo gobi. However leaving out onion or tomatoes is just okay and the dish still turns out good. Leaving out both makes the dish very dry.
3. For a quicker version, just toss potatoes and cauliflower in spice powders along with little oil. Then grill them one after the other in a oven or air fryer. Make the onion tomato masala and then add the grilled potatoes and cauliflower to the masala.

Recipe 2 – Aloo gobi masala – Restaurant style

In restaurants, **aloo gobi** is made by frying the potatoes and cauliflower first and then added to the gravy or masala. For a home version to keep it simple and healthy, i have steamed the aloo and gobi. But the taste of the deep fried dish is very good and lends a unique texture to both the veggies.



Ingredients

$\frac{3}{4}$ cup potato ($\frac{3}{4}$ by $\frac{3}{4}$ inch cubed)

1 $\frac{1}{2}$ cup cauliflower (150 grams)

2 tbsps oil

$\frac{1}{2}$ tsp cumin or jeera

1 cup onion cubed

1 green chili slit

$\frac{1}{8}$ tsp turmeric

$\frac{3}{4}$ cup tomatoes cubed

1 tsp [ginger garlic paste](https://www.indianhealthyrecipes.com/ginger-garlic-paste-recipe/) (<https://www.indianhealthyrecipes.com/ginger-garlic-paste-recipe/>)

8 cashews or 2 to 3 tbsps cream

1 $\frac{1}{4}$ tsp [garam masala](https://www.indianhealthyrecipes.com/punjabi-garam-masala-powder-recipe/) (<https://www.indianhealthyrecipes.com/punjabi-garam-masala-powder-recipe/>)

1 tsp coriander powder

$\frac{3}{4}$ to 1 tsp red chili powder

Salt as needed

1 tsp kasuri methi or dried fenugreek leaves

Preparation

1. Dice onions and add them to a small pot with water. Boil them for 3 to 4 mins. Cool completely and make a fine paste without adding water. Set aside. Puree tomatoes with cashews until smooth. Set aside.



2. You can steam the potatoes and cauliflower or shallow fry them in oil until crisp & golden. If steaming I steam the potatoes until half done, then add cauliflower. Continue to steam till al dente. Alternately you may also air fry them & use.

3. Heat oil in a pan and crackle some cumin. You can also use 2 green cardamoms and 1 small bay leaf. Add ginger garlic paste and fry until it smells good.



4. Next add the onion paste. Saute until it turns lightly golden. Add the tomato cashew paste. Saute until the raw smell of tomatoes and onions has completely vanished.

How to make aloo gobi masala

5. Add chilli, garam masala, coriander powder, red chili powder & salt. Saute until the masala begins to leave the sides of the pan.

6. Pour 3/4 cup water. Stir & cook until the gravy thickens a bit.



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7. Add cauliflower and potatoes. Stir and cook covered until the aloo gobi is cooked. Add crushed kasuri methi & chopped coriander leaves. Cover and set aside.

Serve hot with [butter naan \(https://www.indianhealthyrecipes.com/naan/\)](https://www.indianhealthyrecipes.com/naan/).

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ALOO GOBI ★★★★★

A delicious & flavor packed dish of spiced potatoes & cauliflower. Make the best aloo gobi with this recipe! Serve it with plain rice, roti or paratha.

Pin Recipe (<https://www.pinterest.com/pin/create/bookmarklet/?url=https%3A%2F%2Fwww.india-gobi-pin-2.jpg&description=North+Indian+Aloo+gobi+made+by+stir+frying+potatoes+and+cauliflower+with+s>)

Print Recipe (https://www.indianhealthyrecipes.com/wprm_print/recipe/37708) .

For best results follow the step-by-step photos above the recipe card

Prep Time

15 minutes

Cook Time

35 minutes

Total Time

50 minutes

Servings

- +

Author

Swasthi (<https://www.indianhealthyrecipes.com/about/>)

INGREDIENTS (US CUP = 240ML)

- 2 medium potatoes (1 heaped cup cubed)
- 2 cups cauliflower florets (gobi) (180 grams)
- 1 medium onion ($\frac{3}{4}$ cup chopped finely)
- 1 medium tomato ($\frac{1}{2}$ cup finely chopped) or 1 tbsp tomato paste
- 1 tablespoon ginger garlic minced or paste
- 1 green chili slit or chopped (optional)
- 2 tablespoons coriander leaves chopped finely
- $\frac{1}{2}$ teaspoon salt (adjust to taste)
- 2 tablespoons oil

Spices

- $\frac{1}{2}$ teaspoon cumin seeds (<https://www.indianhealthyrecipes.com/cumin-powder/>) (jeera)
- $\frac{1}{4}$ teaspoon turmeric
- 1 teaspoon garam masala (<https://www.indianhealthyrecipes.com/punjabi-garam-masala-powder-recipe/>) (adjust to taste)

- ¾ teaspoon coriander powder
- ¾ to 1 teaspoon red chili powder (adjust to taste)
- 1 teaspoon kasuri methi (dried fenugreek leaves) (skip if you don't have)

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INSTRUCTIONS

Preparation

- Chop cauliflower florets to 1½ inch in size. Add them to slightly hot water and set aside 3 to 4 mins.
- Drain the water and rinse them well. Drain them completely.
- Cube potatoes to ¾ by ¾ inch. You can also slice them to ¾ inch. Keep them immersed in a bowl of water until used. Keeping them in water helps the potatoes to cook faster as they soak up some moisture.
- Mince ginger and garlic. Keep this aside.

How to make aloo gobi

- Heat oil in a pan and add cumin seeds. When they sizzle, add ginger garlic & saute for 30 seconds.
- Then add the onions & stir fry until transparent.
- Add the potatoes and green chilli. Stir fry for 2 to 3 mins. Cover and cook on a low to medium heat until they are half done. ? 10 minutes
- Keep stirring in between and cook covered. They are slightly tender at this stage but still under cooked.
- Then add the cauliflower & stir fry for about 3 mins.

- Add all the spice powders and mix well. Cook covered until both of them are almost fork tender.
- Add salt and continue to cook covered on a low flame until the potatoes are soft & fully cooked.
- The veggies will release moisture at this stage and cook quickly. So keep an eye not to over cook gobi at this stage. It must remain slightly crunchy yet cooked.
- Next add the tomatoes and kasuri methi. Fry on a medium to high flame until the raw smell of tomatoes goes away.
- If needed add little oil at this stage. It takes about 2 to 4 mins for the raw smell of tomatoes to go away.
- Finally garnish aloo gobi with coriander leaves. Serve with rice, roti or any bread.

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NOTES

A heavy bottom pan with a lid works well.

You can also grill the potatoes and cauliflower in a oven or air fryer. Then add them to the prepared onion tomato masala.

Alternative quantities provided in the recipe card are for 1x only, original recipe.

For best results follow my detailed step-by-step photo instructions and tips above the recipe card.

NUTRITION INFO (estimation only)

Nutrition Facts	
Aloo gobi	
Amount Per Serving	
Calories 175	Calories from Fat 90
	% Daily Value*
Fat 10g	15%
Sodium 93mg	4%
Potassium 667mg	19%
Carbohydrates 19g	6%
Fiber 5g	21%
Sugar 4g	4%
Protein 4g	8%
Vitamin A 560IU	11%
Vitamin C 53mg	64%
Calcium 52mg	5%
Iron 3.3mg	18%
* Percent Daily Values are based on a 2000 calorie diet.	



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About swasthi

I'm Swasthi Shreekanth, the recipe developer, food photographer & food writer behind Swasthi's Recipes. My aim is to help you cook great Indian food with my time-tested recipes. After 2 decades of experience in practical Indian cooking I started this blog to help people cook better & more often at home. Whether you are a novice or an experienced cook I am sure Swasthi's Recipes will assist you to enhance your cooking skills.

[Read more.. \(https://www.indianhealthyrecipes.com/about/\)](https://www.indianhealthyrecipes.com/about/)

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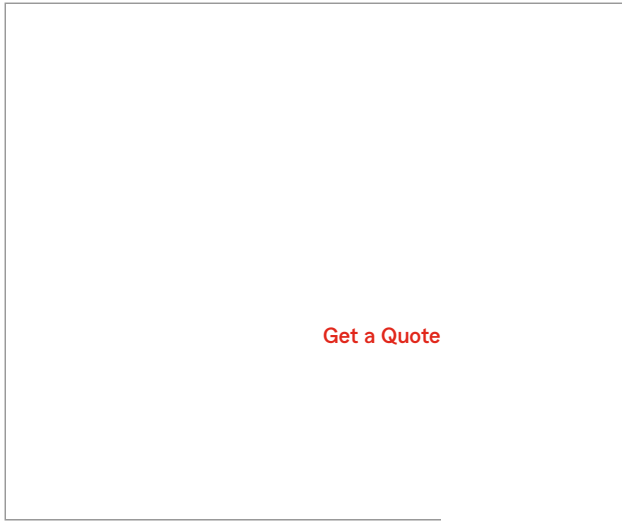
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Recipe Rating



179 COMMENTS

Archana Manmohan

July 28, 2021 2:10 pm



Hi, I've been using all your recipes for years now. Everyone of them have always been a success! Aloo gobi came out perfectly well today. Thank you for this beautifully detailed recipe 😊

↪ Reply

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Julia

July 15, 2021 4:26 pm



Although it took too too long for potato and cauliflower to get cooked, but the taste was really good. I wonder why it was tasting sweet, maybe from the onions? Not sure about these portion sizes, two adults and a toddler here ate 6 portions... I skipped the chilli and my toddler seemed to like it too. Greetings from Germany

↪ Reply

swasthi

Reply to Julia July 16, 2021 1:45 am

Hello Julia

More oil helps them to cook a bit faster. Yes the sweet taste can be from the onions. Glad your kid liked it. Thanks for leaving a comment.



→ Reply

Evelyn

June 23, 2021 12:35 am



Thank you for this recipe. I made it for my husband and his colleague. They both loved it, as did I. I've made Aloo Gobi before, but this is far and away the best tasting Aloo Gobi ever. My husband wants me to put it in our favorite recipe rotation. I'm looking forward to making more of your recipes.

→ Reply

swasthi

Reply to Evelyn June 25, 2021 4:00 am

Hi Evelyn

Awesome! Glad you all loved it. Thank you so much!

→ Reply

Kathi

June 7, 2021 12:00 am

PS I love your heat level. !!! I used deggi mirch and it was perfect

→ Reply

Kathi

June 6, 2021 11:58 pm



This came out amazing!

It took a bit of time because I am not an experienced indian cook. I had all the ingredients but I took my time because I am learning. Mis en place helped!

I added a splash of water to help the potatoes and cauliflower along on cooking otherwise they would have stuck and burned.

OMG the flavor was out of this world awesome. It had such a fresh taste to it, even better than what I've gotten in restaurants. I used Penzey's Garam Masala instead of my blend, I liked it better (their garam masala does not have a bitter note... very nice)

↪ Reply

swasthi

Reply to Kathi June 7, 2021 1:44 pm

Glad to know Kathi

Thanks for leaving a comment

↪ Reply

Pankaj

April 25, 2021 7:29 pm



It turned out to be awful. Not sure if recipe had issues or something went wrong with cooking.

↪ Reply

Katrin

March 31, 2021 5:47 pm



I made Alu Gobi (along with some other recipes of yours) a couple of times and definitely love it. Last time cooking together with a friend of mine and we both really enjoyed it.

It turns out better than in most Indian restaurants here in Germany.

Thank you do much for sharing!

Lots of love from Berlin,

Katrin

↪ Reply

swasthi

Reply to Katrin April 1, 2021 1:58 am

Hello Katrin,

Glad to know you both love the food. Thank you!

→ Reply

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Dudey

February 22, 2021 2:52 am



I didn't have any cauliflower so I used two cups of potatoes and one big can of chickpeas. Threw them both in at the same time. I was worried. Turned out amazing!! I added some cooked cajun chicken i had in the freezer at the end too. Thank you so much. I'll definitely be making more of your recipes.

→ Reply

swasthi

Reply to Dudey February 23, 2021 1:48 pm

Hello Dudey

Glad to know it turned out amazing. Yes cauliflower and chickpeas go so well. Thank you!

→ Reply

Maria Estela fabila

February 19, 2021 9:41 am



I cooked this recipe today 19/02/21 and turns out really good!!!
The taste is good!!! I didn't put chilli as my employer doesn't like really spicy!!!

→ Reply

swasthi

Reply to Maria Estela fabila February 19, 2021 10:17 am

Glad to know Maria!

→ Reply

Marcus

January 17, 2021 9:38 pm

**Everything we have tried from your webpage is awesome! Thanks for putting all this work in and sharing these with everyone! Amazing food!**

→ Reply

swasthi

Reply to Marcus January 19, 2021 2:01 pm

Hi Marcus**You are welcome! Glad to know! Thanks for leaving a comment.**

→ Reply

Piers

December 29, 2020 7:18 pm

**Thank you Swasthi, this is the best Aloo Gobi that I have cooked yet. A keeper.**

→ Reply

swasthi

Reply to Piers December 30, 2020 1:52 pm

You are welcome Piers**Glad to know! Thank you so much!**

→ Reply

DaisyGee

December 13, 2020 5:19 pm



Hi, I made this last night and it was good. I will try the masala version next time!

↪ Reply

swasthi

Reply to DaisyGee December 14, 2020 2:49 pm

Hi Daisy

Glad to know! Thank you!

↪ Reply

Caroline Downey

December 7, 2020 3:30 pm

Hi, Your recipe looks lovely. Can I ask how many people does it serve?

Best wishes,

Caroline

↪ Reply

swasthi

Reply to Caroline Downey December 8, 2020 2:26 am

Hi Caroline

Thank you!. It serves 3. I have mentioned in the recipe card

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Dani

November 20, 2020 11:19 pm



One of the most delicious vegetarian recipes I have ever made or eaten. I did a couple small changes – used fresh garlic and ginger, added a bit of water in the middle of cooking because the pot was very dry and used ground fenugreek seeds rather than leaves. It turned out amazing!

↪ Reply

swasthi

Reply to Dani November 21, 2020 2:02 am

Hi Dani,

Glad to know! Yes fresh garlic and ginger is recommended. That's what I have used. Thank you!

↪ Reply

Carson

November 20, 2020 7:38 pm



excited to make this tonight – one question: should the onion paste for recipe 2 (masala version) be made with raw onions, or should they be cooked first and then turned into a paste?

↪ Reply

swasthi

Reply to Carson November 21, 2020 1:55 am

Hi Carson,

Dice them and boil for 3 to 4 mins in a small pot of water. Cool and make a paste.

↪ Reply

Sangeetha

November 9, 2020 5:40 am



That came out very well. Tks for the tasty and simple recipe.

↪ Reply

BKmama

November 4, 2020 4:01 pm



In lockdown I've been craving Indian food but unable to go out and get it— this is a close second! I've never been able to make Indian food at home taste authentic but this really is! Thank you so much!

↪ Reply

swasthi

Reply to BKmama November 6, 2020 3:30 am

You are welcome! Glad to know!

Thank you

↪ Reply

Anita

October 23, 2020 2:24 pm

Cooking with your recipes has always been fun and a great learning experience..
The tips at the start of each recipe are very helpful.

↪ Reply

swasthi

Reply to Anita October 28, 2020 4:52 am

Glad to know Anita

↪ Reply

Shift

October 15, 2020 10:41 pm

Hi

I tried this recipe. Mine didn't come out as dark and reddish as your pictures.
Is it the tomato that gives the colouring?

Thanks

↪ Reply

swasthi

Reply to Shift October 16, 2020 3:39 am

Hi,

It's the chilli powder and garam masala that gives the color. Not tomatoes. Try with kashmiri red chilli powder & good garam masala. You can also slide the veggies to a side and add the chilli powder to the oil in the pan. This also gives a bright color.

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Jeswant

September 10, 2020 12:00 pm



EXCELLENT..

➔ Reply

Nalini Rhea

September 3, 2020 11:15 pm



Wow! This is an excellent way to fix aloo gobi! Made it tonight, just the way the recipe states. Still smackin' my lips!

➔ Reply

swasthi

Reply to Nalini Rhea September 6, 2020 2:38 am

Thanks Nalini

Glad to know!



➔ Reply

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