



Aloo Gobi (Indian Spiced Cauliflower and Potatoes)

Q-357-00
Vegetables

Color Code: Green
Sodium: Moderate

Yield: 100 Portions

Each Portion: $\frac{3}{4}$ cup (3- $\frac{1}{3}$ oz)

Pan Size and Number: 18 x 26-Inch Sheet Pans (9)

Temperature: 425°F (218°C)

Time: 10 - 12 min.

INGREDIENTS

Item	Measure	Weight	Approx issue
CAULIFLOWER	6 gal	18 lb 12 oz	
POTATOES, WHITE	2 gal	10 lb 10 oz	
ONION, RED	1 gal	3 lb 14 oz	4 lb 5 oz
OIL, CANOLA	2 cup	15 oz	
GARLIC, PREMINCED IN WATER	1 cup	6 oz	
SALT	$\frac{1}{4}$ cup + 1 tbsp	3- $\frac{1}{2}$ oz	
CUMIN, GROUND	$\frac{1}{2}$ cup	1- $\frac{1}{2}$ oz	
GARAM MASALA	$\frac{1}{3}$ cup	1- $\frac{1}{2}$ oz	
MUSTARD, DRY	$\frac{1}{3}$ cup	1 oz	
TURMERIC	$\frac{1}{4}$ cup	1 oz	
PEPPER, BLACK, GROUND	$\frac{1}{4}$ cup	0.86 oz	
COOKING SPRAY, NONSTICK		2 oz	
CILANTRO	$\frac{1}{2}$ cup	1- $\frac{1}{8}$ oz	

DIRECTIONS

1. Prepare all fruits and vegetables in accordance with guideline card A-G 31. Cut cauliflower into 1 to 2-inch florets; peel potatoes and dice into 1 $\frac{1}{2}$ -inch pieces; slice red onions into $\frac{3}{4}$ -inch wedges; roughly chop cilantro.
2. Preheat oven to 425°F (218°C).
3. Combine oil, garlic, salt, cumin, garam masala, dry mustard, turmeric, and black pepper. Whisk until fully incorporated.
4. In a large bowl, combine cauliflower, potatoes, and red onions. Add oil mixture and toss thoroughly to evenly distribute

seasonings.

5. Lightly spray each sheet pan with nonstick cooking spray. Place 4 lb 1 oz (1 gal) vegetables on each sheet pan. Spread in an even layer.
6. In an oven, on convection mode, roast at 425°F (218°C) for 10 to 12 minutes or until fork tender and browned on the edges. CCP: Internal temperature must reach 145°F (63°C).
7. Remove from pans and garnish with cilantro.
8. Serve immediately or CP: hold hot at 135°F (57°C).

RECIPE NOTES

1. This recipe was developed using a Rationale Combi Oven set to convection mode. If using other models of combi oven or a convection oven, times may vary (using an older convection oven you may need to add a couple to few minutes to the cook time to achieve the desired end state for the recipe).
2. * Sugars represents the total grams of sugar in the recipe, naturally occurring and added sugar combined.

NUTRITION FACTS

Calories	108
Carbohydrates	15 g
Sugars*	3 g
Protein	3 g
Fat	5 g
Saturated Fat	0.4 g
Sodium	361 mg
Calcium	28 mg
Fiber	3.1 g



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