



FLAVOUR PROFILE

Crispy vegetables sautéed in warm, aromatic spices.

FEATURES & BENEFITS

Aloo Gobi—"Aloo" means potato and "Gobi" means cauliflower—is a popular entrée at Indian restaurants all over the world. This is a better-than-takeout option, with lower sodium than a takeout meal.

Raw to ready in less than 20 minutes.

Vegan blend, source of fibre, no artificial colours or flavours.

LABEL DIRECTIONS

Makes 4 servings

In Multipurpose Steamer, add 4 cups cauliflower florets and 1 peeled, medium russet potato cut into small cubes (1 cup). Cover; microwave on high 5–6 min or until almost tender. In a Sauté Pan, heat 2½ tbsp oil over medium-high heat. Add seasoning; stir until fragrant, 45 sec. Add potatoes and cauliflower; stir to coat. Stir in 1 can (19 oz/540 ml) drained and rinsed lentils, ½ cup water, and 2 tbsp tomato paste. Reduce heat to medium-low. Cover; cook for 8–10 min or until potatoes are tender. Stir in ½ cup frozen green peas; cook for 1–2 min. Top each serving with ½ cup 2% plain Greek yogurt. Add chopped fresh cilantro, if desired.

INGREDIENTS LIST*

Black pepper, chili powder (spices, salt, garlic, rice concentrate), cilantro, coriander, cumin, garlic, ginger, mustard, onion, sea salt, tomato, turmeric.

ALLERGENS AND SENSITIVITIES

Garlic, mustard, onion.

WE KEEP IT SIMPLE: CLEAN INGREDIENTS, ALWAYS.

- Free of preservatives and artificial colours.
- 100% gluten free and nut free.
- Sodium and sugar conscious.
- Made from ethically sourced ingredients.
- 85% Non-GMO Project Verified.

*Ingredients list is in alphabetical order for proprietary reasons.

RECIPE IDEAS

- Make into a "bowl" meal, with quinoa, sour cream and avocado.
- Make air fryer pakoras.
- Make Aloo Gobi sliders in pull apart buns.

KITCHEN HACK

This seasoning is a versatile spice mix for curry and/or stew. Just sauté seasoning in olive oil until fragrant, then add meat or veggies with coconut milk or broth, for a non-dairy recipe.

TASTING TIP

Host a travel-themed cooking class. Demo how quick and easy it is to make the perfect, exciting, aromatic dish.

COMPANION PRODUCTS

Check epicure.com for current availability.

Food & Beverages:

- Keema Curry Seasoning
- Golden Latte Mix
- Lemon Chicken Orzo Seasoning
- Carne Guisada Seasoning
- Lemon Dilly Dip Mix

Cookware:

- Multipurpose Steamer
- Y Peeler
- Prep Pro Utensil Set
- Sauté Pan

*US Nutritional Facts Table may vary due to FDA regulations. Find US Nutritional Facts Tables at epicure.com.

Nutrition Facts		Valeur nutritive	
Per 1/4 package dry mix (13 g) / Par 1/4 du sachet de mélange (13 g)			
1/4 package prepared / 1/4 du sachet préparé			
	Dry Mix [†]	Préparé [‡]	
	Mélange [†]	Préparé [‡]	
Calories	40	410	
% Daily Value* / % valeur quotidienne*			
Fat / Lipides 1 g[†]	1 %	16 %	
Saturated / saturés 0.1 g			
+ Trans / trans 0 g	1 %	14 %	
Carbohydrate / Glucides 8 g			
Fibre / Fibres 3 g	11 %	71 %	
Sugars / Sucres 1 g	1 %	12 %	
Protein / Protéines 2 g			
Cholesterol / Cholestérol 0 mg			
Sodium 190 mg	8 %	22 %	
Potassium 175 mg	4 %	26 %	
Calcium 40 mg	3 %	31 %	
Iron / Fer 1.5 mg	8 %	19 %	
<small>[†]Amount in dry mix / Teneur dans le mélange.</small>			
<small>[‡]Prepared adds 370 Calories, 11 g Fat (2.5 g saturated, 0.2 g trans), 46 g Carbohydrate (17 g fibre, 11 g sugars), 26 g Protein, 5 mg Cholesterol, 310 mg Sodium. / La recette préparée ajoute 370 Calories, 11 g Lipides (2.5 g saturés, 0.2 g trans), 46 g Glucides (17 g fibres, 11 g sucres), 26 g Protéines, 5 mg Cholestérol, 310 mg Sodium.</small>			
<small>*5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup</small>			

90-DAY MONEY BACK GUARANTEE

If for any reason you are not completely satisfied with your Epicure products within 90 days of purchase, we will exchange or fully refund your purchase. Ask your Consultant about extended guarantees on cookware.