

Himal Chuli's Takari (Vegetables)

- 1 small cauliflower, cut into florets
- 1 tablespoon corn oil
- Pinch of fenugreek
- 1 onion, chopped
- 1 small bunch of green onions
- 1/8 to 1/4 teaspoon salt (adjust to taste)
- 1/4 teaspoon ground turmeric
- 1/2 teaspoon ground coriander
- 1/4 teaspoon fresh finely chopped ginger
- Pinch ground cloves
- 1/2 cup water
- 2 potatoes, peeled, cut into lengthwise pieces
- 1 carrot, chopped
- 1/4 pound long green beans
- Pinch of freshly chopped cilantro
- Freshly squeezed lemon

Cut each cauliflower floret in half. Heat oil in pan and fry fenugreek in pan until browned and toasted. Add onion and saute until soft. Add cut green onions and continue to saute another 2 to 3 minutes or until softened. Add salt, turmeric, coriander, ginger and cloves and continue to saute. Add water, then potatoes. Cook, covered, for 5 minutes. Add carrot and green beans and cook until vegetables are soft but not mushy, about 6 to 9 minutes. Garnish with cilantro and a small amount of lemon juice.

Serve with rice or roti.