

What's in the Bag

1 small head cauliflower
1 shallot
4 cloves garlic
3/4" piece of ginger
1 lb potatoes
1 tomato
1 chili pepper
Seasoning cup (few curry leaves, 1 tsp mustard seeds, 2 tsp cumin seeds)
Spice blend (1/2 tsp ground turmeric, 1/2 tsp paprika, 1/2 tsp ground coriander)
small bunch cilantro
1 cup basmati rice

What's Not

3 tbsp light oil or ghee
salt
3/4 cup water