



Aloo Gobi Kathi Roll

India | Cooking

Spotlight: California cauliflower

A kathi roll — also called a Frankie — is one of India's most beloved street foods. Vendors cook a spiced filling right in front of you, pile it onto warm flatbread, and roll it up hot. Ours is aloo gobi: potato and cauliflower turned gold with turmeric and cumin.



Ingredients (makes 8–14 portions)

- 1 head cauliflower
- 3–4 potatoes
- 1 onion
- 1–2 bell peppers
- 2–3 carrots
- 2–3 cloves garlic
- 1 1/2–2 tsp ground cumin
- 1–1 1/2 tsp ground turmeric
- 1/2–3/4 tsp ground ginger
- 3–4 Tbsp cooking oil
- 1–2 lemons
- 1 bunch fresh cilantro
- 10–14 rotis or 8-inch flour tortillas
- 1 small bottle ketchup or mild chutney (optional)
- 1–1 1/2 tsp salt

Steps

1. Cut the cauliflower florets smaller — about thumbnail size — and dice the onion, bell pepper and carrots. Mince the garlic.
2. An adult heats the oil and adds the cauliflower, letting it sit still for 2 minutes without stirring. Golden edges mean flavour — resist the urge to stir.
3. Stir in the onion, pepper, carrot and garlic and cook 4 minutes until softened.
4. Sprinkle in the cumin, turmeric, ginger and salt. Stir 30 seconds and watch everything turn gold.
5. Fold in the par-cooked potatoes gently — they are already soft. Press just a few with the back of a spoon so the filling holds together, and leave the rest whole. Cook 2 more minutes.
6. Squeeze lemon over the filling and scatter cilantro. An adult warms each roti or tortilla on the dry pan, about 20 seconds a side.
7. Spoon about 1/3 cup of filling in a line down the centre, fold the bottom up, then roll from one side. Hold it tight and eat.

Substitutions: Gluten-free: corn tortillas or lettuce wraps. Dairy-free and egg-free: naturally both.

Cooking this at home: For four rolls, use about a quarter of a cauliflower, 1 potato, 1/4 onion, 1 carrot, and 3–4 rotis. Rolling is the best part — show your Food Explorer the fold-then-roll and let them do all four.