

Recipe Name: Saunf Aloo (Fennel Potato Curry) Recipe

Diet Type:

Course: Lunch

Cuisine: Punjabi

Quantity:



Ingredients

Ingredient	Quantity
• Potatoes (Aloo) - halved with skin	5
• Fennel seeds (Saunf) - crushed	2 teaspoon
• Turmeric powder (Haldi)	1 teaspoon
• Fresh cream	1/4 cup
• Red Chilli powder	2 teaspoon
• Coriander (Dhania) Leaves - finely chopped	4 sprig

Preparation

- To begin with Saunf Aloo, heat oil in a pressure cooker.
- Add turmeric powder, salt, red chilli powder and crushed fennel seeds till the fennel seeds turns golden in colour.
- Now add the potatoes and mix it properly with the masala.
- Sauce it for 2-3 minutes.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	4	60	14	6	4