DietCloud – Recipe

Recipe Name: Saunf Aloo (Fennel Potato Curry) Recipe

Diet Type:

Course: Lunch

Cuisine: Punjabi

Quantity:



Description

Saunf Aloo is a delightful Indian-spiced potato curry featuring the aromatic warmth of fennel seeds. Small potatoes, often halved, are simmered with turmeric, red chili, and a touch of fresh cream, then garnished with fresh coriander. This flavorful and comforting dish is typically served as a side or main with flatbreads or rice.
[PROS]
- Rich in dietary fiber and potassium from potatoes (with skin).
- Fennel seeds aid digestion and offer antioxidant properties.
- Turmeric provides anti-inflammatory benefits.
[CONS]
- Higher in calories and saturated fat due to fresh cream.
- May be high in carbohydrates for individuals monitoring intake.
- Red chilli powder might irritate sensitive stomachs.
[DIETITIAN REVIEW]
This Saunf Aloo offers a comforting blend of flavors with notable nutritional contributions from whole potatoes and beneficial spices like fennel and turmeric. While the fresh cream adds richness, it also increases the fat and calorie content. Overall, it's a flavorful dish that can be part of a balanced diet when consumed in moderation. Score: 7.5/10

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

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- 1.
- Thoroughly wash and halve the potatoes, leaving the skin on.
- Boil or steam them until they are tender but still hold their shape.
- Drain and set aside.
- 2.
- Lightly crush the fennel seeds using a mortar and pestle or the back of a spoon.
- 3.
- In a pan, heat a small amount of cooking oil (not specified in ingredients, but essential for sautéing) over medium heat.
- Add the crushed fennel seeds and sauté for a few seconds until fragrant.
- 4.
- Add the boiled potatoes, turmeric powder, and red chilli powder to the pan.
- Mix well, ensuring the spices coat the potatoes evenly.
- Cook for 5-7 minutes over medium heat, stirring occasionally, until the potatoes are lightly browned and the spices are well cooked.
- 5.
- Stir in the fresh cream and cook for another 2-3 minutes, allowing it to gently coat the potatoes and warm through.
- 6.
- Garnish generously with finely chopped coriander leaves before serving hot.

Macronutrients

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