DietCloud – Recipe

Recipe Name: Easy Potato Kurma Recipe

Diet Type:

Course: Lunch

Cuisine: South Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 3 Potato (Aloo)	4
• 1 Onion - finely chopped	
• 2 Tomatoes	
• 1 Bay leaf (tej patta)	
• 1 inch Cinnamon Stick (Dalchini)	
• 1 teaspoon Ginger Garlic Paste	
• 1/2 teaspoon Turmeric powder (Haldi)	
• 1-1/2 teaspoon Red Chilli powder	
• 1 teaspoon Coriander Powder (Dhania)	
• 1/2 teaspoon Garam masala powder	
• 1 tablespoon Sunflower Oil	
• Salt - as required	
• 1 teaspoon Fennel seeds (Saunf)	
• 1 teaspoon Cumin seeds (Jeera)	
• 1/2 cup Fresh coconut - grated	

Preparation

• To prepare Easy Potato Kurma Recipe, get ready with all the ingredients.

• Pressure cook potatoes for two whistles; once boiled, remove skin and cut them into cubes; Keep aside.

• Grind all the ingredients mentioned under "To Grind" and ground them into a fine paste in a mixer.

• Heat oil in a medium frying pan.

• Add cinnamon, cloves, bay leaf and finely chopped onion.

• Cook until they become transparent.

• Add turmeric powder, red chilli powder, coriander powder, garam masala powder and cook until the

spice powders are blended well with the onion-tomato mixtureAdd cubed potatoes and toss them well with the spicy mixture in the pan.

• Add the grounded coconut paste and a cup of water.

• Cook the kurma until the potatoes are absorbed in the spices and required amount of consistency is attained.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)