DietCloud – Recipe

Recipe Name: Aloo Amritsari (Recipe In Hindi)

Diet Type:

Course: Lunch

Cuisine: Punjabi

Quantity:



Ingredients

Ingredient	Quantity
• 4 Potatoes - cut into wedges	4
• 1 teaspoon celery	
• 2 onions - cut directly	
• 2 inches ginger - cas	
• 2 long garlic	
• 2 tomatoes - finely chopped	
• 1/2 teaspoon turmeric powder	
• 1/2 small Spoon garam masala powder	
• 1 teaspoon coriander powder	
• 1/2 teaspoon Kashmiri red chilli powder	
• 4 sprig coriander - finely chopped	
• salt - as per taste	
• oil - as per use	

Preparation

- To make Aloo Amritsari, first heat the oil in a pressure cooker.
- After heating, add celery and cook for 10 seconds.
- Add onion, green chillies, ginger and garlic after 10 seconds.
- Cook onion until it becomes soft.
- After the onion softens, add tomatoes and cook until it becomes soft.
- After softening, add potatoes.
- After adding, add 1/2 cup of water, salt, mix and close the cooker.
- Cook until 2 cities come and then turn off the gas.
- Opening the pressure automatically, open and add green coriander to it.
- Mix and serve hot.
- Serve Aloo Amritsari with Dal Tadka, Bundi Raita and Phulka for dinner.

DietCloud – Recipe

Macronutrients

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