DietCloud – Recipe

Recipe Name: Potato Bodi Fry Recipe (Spicy Potato Sabiji Prem Tamil Nadu)

Diet Type:

Course: Lunch

Cuisine: Tamil Nadu

Quantity:



Ingredients

Ingredient	Quantity
• 2 Potatoes (Aloo) - boiled along with the skin (do not boil them too soft) • 1 teaspoon Sesame (Gingelly) Oil • 1 tablespoon Sesame (Gingelly) Oil • 6 Dry Red Chillies - adjust according to your taste • 2 tablespoon Chana dal (Bengal Gram Dal) • 2 tablespoon White Urad Dal (Split) • 1 tablespoon Arhar dal (Split Toor Dal) • Asafoetida (hing) - a pinch • Salt - to taste	4

Preparation

• To begin making Urulaikizhangu Podi Poriyal Recipe, firstly peel the boiled potatoes and grate them.

• Fry till the lentils/dal turn golden and chillies fragrant.
• Switch off the heat, cool and grind them to a fine powder along with salt.
• Place pan on low heat and add the ground spice powder.
• Add the grated potato and mix well.
• Add one teaspoon oil along the sides of the pan.
• Keep stirring and cook it for another 2 minutes on low flame.
• Once it is done, switch off the heat.
• Serve Urulaikizhangu Podi Poriyal Recipe along with steamed rice and a dollop of ghee.
• You can also have it with Whole Wheat Lachha Parathas.

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Macronutrients

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