

Recipe Name: Dahi Wale Aloo Recipe (Indian Yogurt-based Potato Curry)

Diet Type:

Course: Lunch

Cuisine: North Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 4 Potatoes (Aloo) - chopped	4
• 1-1/2 cups Curd (Dahi / Yogurt)	
• 2 tablespoons Gram flour (besan)	
• 1/3 teaspoon Asafoetida (hing)	
• 1 teaspoon Cumin seeds (Jeera)	
• 1 sprig Curry leaves	
• 1 Onion - finely chopped	
• 1/2 teaspoon Ginger - finely chopped	
• 1/2 teaspoon Garlic - finely chopped	
• 2 Green Chillies - chopped	
• 1 teaspoon Red Chilli powder	
• 1-1/2 teaspoon Coriander Powder (Dhania)	
• 1/2 Turmeric powder (Haldi)	
• Salt - to taste	
• 4 tablespoons Sunflower Oil	
• Coriander (Dhania) Leaves - chopped or garnish	

Preparation

- To begin making Dahi Wale Aloo Recipe, first wash the potatoes thoroughly.
- Then pressure cook them till they are cooked soft, but not completely mushy.
- You can follow this method to learn how to pressure cook them.
- Once the pressure has released from the c.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	10	60	20	6	8