

Recipe Name: Potato Vindaloo Recipe (Spicy Goan Potato Curry)

Diet Type:

Course: Lunch

Cuisine: Goan Recipes

Quantity:



Ingredients

Ingredient	Quantity
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| <ul style="list-style-type: none">• 12 Kashmiri dry red chillies - deseeded and soaked in hot water for 1/2 hour• 1/4 teaspoon Methi Seeds (Fenugreek Seeds) - roasted• 7 Garlic - cloves• 4 Shallots - peeled• 1/2 teaspoon Cumin seeds (Jeera)• 1/4 teaspoon Turmeric powder (Haldi)• 2 teaspoon Vinegar• 1/3 cup Water - as required to grind to puree• 3 Potatoes (Aloo) - cleaned• Salt - as needed• 2 tablespoon Sunflower Oil• 1 teaspoon Mustard seeds• 10 Curry leaves• Water - Enough for boiling potatoes• 1/2 teaspoon Sugar | 4 |
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Preparation

- To begin making Potato Vindaloo Recipe first place a large sauce pan or heavy bottomed pot on the heat.
- Add the chopped potatoes into it, cover them with water, add a little salt and place it on the heat.
- Bring it to a boil and simmer it until the potatoes.

Macronutrients

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