

Recipe Name: Aloo Bhey Ki Sabzi Recipe (Potato Lotus Stem Curry)

Diet Type:

Course: Lunch

Cuisine: North Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 3 Potatoes (Aloo) - peeled and diced	4
• 1 cup Lotus Stem - sliced round	
• 1/2 cup Homemade tomato puree	
• 1 teaspoon Cumin seeds (Jeera)	
• 1/4 teaspoon Asafoetida (hing)	
• 2 teaspoons Coriander Powder (Dhania)	
• 1 teaspoons Turmeric powder (Haldi)	
• 1/2 teaspoon Red Chilli powder	
• 1 teaspoon Garam masala powder	
• Salt - to taste	
• Sunflower Oil - for cooking	
• 4 sprig Coriander (Dhania) Leaves - finely chopped	
• 2 Onions - roughly chopped	
• 4 Garlic	
• 1 inch Ginger	
• 4 Green Chillies	

Preparation

- To begin making the Aloo Bhey Ki Sabzi Recipe, we will first prep all the various components.
- Pour it into a bowl.

Macronutrients

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