

Recipe Name: Kasuri Methi and Potato Frying Recipe

Diet Type:

Course: Side Dish

Cuisine: North Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 2 cups Potatoes (Aloo) - boiled and roughly mashed	4
• 1 cup Tomatoes - finely chopped	
• 1-1/2 tablespoon Ginger - grated and ground	
• 2 Green Chillies - slit	
• 2 tablespoons Kasuri Methi (Dried Fenugreek Leaves) - (adjust)	
• 1/2 teaspoon Fennel seeds (Saunf)	
• 1 teaspoon Cumin seeds (Jeera)	
• 1/2 teaspoon Methi Seeds (Fenugreek Seeds)	
• 1 tablespoon Coriander Powder (Dhania)	
• 1 teaspoon Red Chilli powder	
• 1 teaspoon Cumin powder (Jeera)	
• 1/2 teaspoon Turmeric powder (Haldi)	
• 1 teaspoon Garam masala powder	
• 2 teaspoons Amchur (Dry Mango Powder)	
• 1 tablespoon Ghee	
• Salt - to taste	

Preparation

- To begin making Kasuri Methi Aur Aloo Rasedar Recipe, first boil the potatoes using a pressure cooker.
- Once done, peel and roughly mash the potatoes keep a few pieces intact.
- Heat ghee in a wok on medium heat, add cumin seeds, fennel and methi seeds and le.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
220	4	30	10	4	2