

Recipe Name: Jodhpuri Aloo Recipe

Diet Type:

Course: Lunch

Cuisine: Rajasthani

Quantity:



Ingredients

Ingredient	Quantity
• 500 grams Baby Potatoes - boiled	4
• 2 Dry Red Chillies	
• 2 teaspoons Sesame seeds (Til seeds)	
• 1 teaspoon Cumin seeds (Jeera)	
• 1 teaspoon Fennel seeds (Saunf)	
• 1/4 teaspoon Asafoetida (hing)	
• 1/2 teaspoon Turmeric powder (Haldi)	
• 1 teaspoon Kashmiri Red Chilli Powder	
• 2 tablespoons Red Chilli flakes	
• 1 teaspoon Amchur (Dry Mango Powder)	
• 2 tablespoons Coriander (Dhania) Leaves - finely chopped	
• 1 tablespoon Sunflower Oil	
• Salt - to taste	

Preparation

- Peel the skin, cut them into halves and keep aside.
- Heat oil in a heavy bottomed pan, add the dry red chilli, cumin seeds, fe.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	4	60	14	6	4