

Recipe Name: Dhania Wale Aloo Recipe - Coriander Potato Dry

Diet Type:

Course: Lunch

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 500 grams Baby Potatoes	4
• 1/2 teaspoon Cumin powder (Jeera)	
• 1/2 teaspoon Black pepper powder	
• 1/2 teaspoon Garam masala powder - optional	
• 2 teaspoons Lemon juice	
• 2 teaspoons Sesame seeds (Til seeds) - dry roasted	
• 1 tablespoon Ghee - or clarified butter	
• Rock Salt - you can use the normal salt too	
• 1 cup Coriander (Dhania) Leaves - roughly chopped	
• 1 inch Ginger	
• 1 Green Chilli	

Preparation

- To begin making the Dhania Wale Aloo Recipe, wash and boil the baby potatoes in a pressure cooker to two whistles (until they are cooked yet firm), peel and keep aside.
- Also, dry roast sesame seeds in a pan in low heat to golden brown colour and keep aside.

Macronutrients

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