

Recipe Name: Potato Pancakes Recipe

Diet Type:

Course: World Breakfast

Cuisine: Continental

Quantity:



Ingredients

Ingredient	Quantity
• 5-6 Potato (Aloo)	5
• Lemon juice - of half a lemon	
• 1 Onion - thinly sliced	
• 2 cloves Garlic - minced	
• 1 Whole Egg - lightly beaten (or 1/4 cup yogurt)	
• 1/4 cup All Purpose Flour (Maida)	
• 1/2 cup Whole Wheat Bread crumbs	
• Parsley leaves - half a bunch	
• 3-4 sprig Chives - finely chopped (or any other herb)	
• Salt and Pepper - to taste	
• Peanut oil - for pan frying	

Preparation

- To begin making Potato Pancakes, peel the potatoes.
- Soak in water after peeling to prevent browning of the potatoes.
- Using a grater attachment of the food processor, shred the potatoes into a medium bowl.
- Add lemon juice and onions to the shredded potatoes.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
220	3	30	10	2	1