

Recipe Name: Till Wale Aloo Recipe - Sesame Potato Sabzi

Diet Type:

Course: Lunch

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 1 tablespoon Sunflower Oil	4
• 3 Potato (Aloo) - boiled	
• 1 tablespoon Ginger - paste	
• 1 Green Chilli - chopped	
• 1-1/2 tablespoons Sesame seeds (Til seeds)	
• 1 teaspoon Red Chilli powder	
• 1 teaspoon Cumin powder (Jeera)	
• 1 teaspoon Coriander Powder (Dhania)	
• Salt - to taste	
• 1/2 teaspoon Garam masala powder	
• 2 tablespoons Sweet Chutney (Date & Tamarind)	
• Coriander (Dhania) Leaves - chopped (few)	

Preparation

- To begin making the Till Wale Aloo Recipe, heat oil in a heavy bottomed pan.
- Once the oil is hot, add ginger and green chillies.
- Make sure you don't burn them.
- Add potatoes and toss it for about 2 mi.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	10	60	20	8	5