

**Recipe Name:** Bengali Aloo Poto er Dalna Recipe - A Traditional Vegetable Side Dish

**Diet Type:** Vegetarian

**Course:** Dinner

**Cuisine:** Bengali Recipes

**Quantity:**



## Ingredients

| Ingredient                                             | Quantity |
|--------------------------------------------------------|----------|
| • 8 Pointed gourd (Parval) - peeled and cut into diced | 4        |
| • 3 Potatoes (Aloo) - peeled and diced                 |          |
| • 1 teaspoon Turmeric powder (Haldi)                   |          |
| • 2 Bay leaves (tej patta) - torn                      |          |
| • 1 teaspoon Cumin seeds (Jeera)                       |          |
| • 1 inch Cinnamon Stick (Dalchini)                     |          |
| • 2 Cloves (Laung)                                     |          |
| • 2 Cardamom (Elaichi) Pods/Seeds                      |          |
| • 1 inch Ginger - grated                               |          |
| • 1 Tomato - finely chopped                            |          |
| • 2 teaspoon Coriander Powder (Dhania)                 |          |
| • 1/2 teaspoon Garam masala powder                     |          |
| • 1 teaspoon Kashmiri Red Chilli Powder                |          |
| • 1 Dry Red Chilli                                     |          |
| • 1/4 teaspoon Asafoetida (hing)                       |          |
| • 1 teaspoon Sugar                                     |          |
| • Salt - to taste                                      |          |
| • Sunflower Oil - for cooking                          |          |

## Preparation

- We will cook the dish directly in a pressure cooker.
- In the traditional method, you would cook both the aloo and poto separately and.

## Macronutrients

|                 |             |           |         |           |           |
|-----------------|-------------|-----------|---------|-----------|-----------|
| Calories (kcal) | Protein (g) | Carbs (g) | Fat (g) | Fiber (g) | Sugar (g) |
|-----------------|-------------|-----------|---------|-----------|-----------|



420

10

60

20

8

6

