

Recipe Name: Himachal Style Khatta Jimikand Recipe - Spicy Tangy Yam

Diet Type:

Course: Side Dish

Cuisine: Himachal

Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 300 grams Elephant yam (Suran/Senai/Ratalu) - chopped small • 1/2 teaspoon Cumin seeds (Jeera) • 1/2 teaspoon Kalonji (Onion Nigella Seeds) • 1/2 teaspoon Methi Seeds (Fenugreek Seeds) • 1/2 teaspoon Kala jeera • 1/2 teaspoon Mustard seeds • 1 sprig Curry leaves • 1 Onion - chopped • 4 cloves Garlic - chopped • 1 inch Ginger - chopped • 1/4 teaspoon Turmeric powder (Haldi) • 1 teaspoon Red Chilli powder • 2 teaspoon Garam masala powder • 1 teaspoon Amchur (Dry Mango Powder) • Salt - to taste • Mustard oil - for cooking	4

Preparation

- To begin making the Himachal Style Khatta Jimikand Recipe, heat a pressure cooker with oil, add all the seeds that are mentioned above including cumin seeds, kalonji, methi seeds, kala jeera and mustard seeds.
- Allow it to crackle for few seconds.
- Add in cu.

Macronutrients

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



420

4

60

20

6

8

