

Recipe Name: Broccoli And Aloo Poriyal Recipe - South Indian Broccoli And Potato Stir Fry

Diet Type:

Course: Lunch

Cuisine: South Indian Recipes

Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 1 Broccoli - cut into florets	4
• 3 Potatoes (Aloo) - peeled and cut into wedges	
• 1/2 teaspoon Mustard seeds	
• 1 sprig Curry leaves - roughly torn	
• 1 teaspoon Red Chilli powder	
• 1/2 teaspoon Turmeric powder (Haldi)	
• Salt - to taste	
• Sunflower Oil - for cooking	

Preparation

- We will cook the broccoli and potatoes separately, as each one of them have separate cooking times.
- Heat a teaspoon of.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
250	4	35	10	5	2