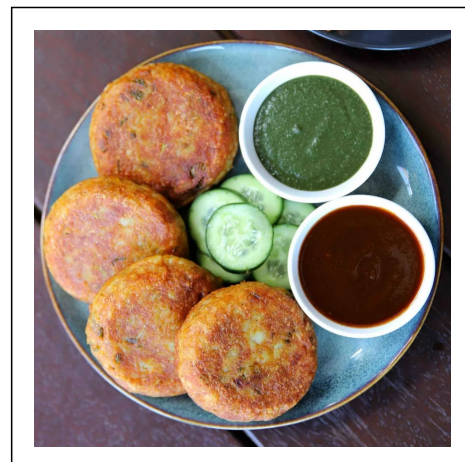


Recipe Name: Garlic Aloo Tikki Recipe
Diet Type:
Course: Appetizer
Cuisine: North Indian Recipes
Quantity: 1 serving



Ingredients

Ingredient	Quantity
• 7 Potatoes (Aloo) - boiled	4
• 1/2 cup Paneer (Homemade Cottage Cheese) - grated	
• 10 Cashew nuts - finely chopped	
• 1 Onion - finely chopped	
• 10 cloves Garlic - finely chopped	
• 2 Green Chillies - finely chopped	
• 1 tablespoon Coriander (Dhania) Leaves - finely chopped	
• 1 tablespoon Corn flour	
• 1/4 teaspoon Red Chilli powder	
• Sunflower Oil - for frying	
• Salt - to taste	

Preparation

- Once cooked, peel the skin and keep aside.
- You can also pressure cook the potatoes for 2 whistles and allow the pressure to release naturally.
- Peel the skin and keep as.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
150	4	25	5	3	1