

Recipe Name: Spinach & Garlic Potato Patties Recipe
Diet Type:
Course: Appetizer
Cuisine: Continental
Quantity: 2 pieces



Ingredients

Ingredient	Quantity
• 4 Potatoes (Aloo) - boiled and peeled	6
• 1/4 cup Milk	
• 1 tablespoon Butter	
• 4 cloves Garlic - finely chopped	
• 1 Onion - finely chopped	
• Salt - to taste	
• 1 cup Spinach Leaves (Palak) - finely chopped	
• 1 teaspoon Black pepper powder	
• 3/4 cup Whole Wheat Bread crumbs	
• 1/2 cup Cheese	
• 1 tablespoon Lemon juice	
• 1 teaspoon Cumin powder (Jeera)	
• Extra Virgin Olive Oil - to shallow fry the patties	

Preparation

• To begin making the Spinach & Garlic Potato Patties Recipe heat a skillet with butter on medium-low flame, add the butter.



- Once done, remove the spinach garlic potato patty from the heat and place it in a serving platter and serve hot.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
180	4	30	6	4	1

