

Recipe Name: Chawli Ki Phali & Aloo Sabzi Recipe
Diet Type:
Course: Side Dish
Cuisine: North Indian Recipes
Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 300 grams Green Chawli Beans (Yard long beans/Karamani/Barbati) - cut into 2 inch long • 2 Potatoes (Aloo) - peeled cut into 2 inch long • 1 teaspoon Fennel seeds (Saunf) • 2 1/2 teaspoon Coriander Powder (Dhania) • 2 teaspoons Red Chilli powder • 1 teaspoon Turmeric powder (Haldi) • 1 teaspoon Amchur (Dry Mango Powder) • 3 teaspoons Gram flour (besan) • Sunflower Oil • Salt - to taste	4

Preparation

- To begin making the Chawli Ki Phali & Aloo Sabzi Recipe, pressure cook the yard beans with little bit of water and salt for about 1 whistle and keep it aside.
- Allow the pressure to release naturally and strain the water.
- Heat a skillet with oil, add fennel seeds and allow it to crackle.
- Add potatoes and saute them till they crisp up and is cooked.
- You can cover it with the lid and cook for about 5 minutes.
- Add cooked yard beans along with all the spice powders and give it a mix keep cooking till the masala loses the raw smell.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
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180

4

30

6

5

2

