

Recipe Name: Tandoori Potatoes Recipe
Diet Type:
Course: Appetizer
Cuisine: North Indian Recipes
Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 1 cup Baby Potatoes - washed and peeled	3
• 1 tablespoon Sunflower Oil	
• 1 teaspoon Tikka Masala	
• 1 tablespoon Fresh cream - or milk	
• 1/4 teaspoon Kasuri Methi (Dried Fenugreek Leaves)	
• Salt - to taste	
• 2-3 Kashmiri dry red chillies	
• 1 tablespoon Garlic - chopped	
• 1/2 tablespoon Ginger - chopped	
• 1 teaspoon Coriander Powder (Dhania)	
• 1 teaspoon Cumin powder (Jeera)	
• 1/4 cup Water	

Preparation

- Keep it aside.
- Peel the baby potatoes and wash them.
- Prick them with the fork evenly all over.
- Place them to a microwave safe bowl or dish and cook for 2-3 minutes or till they are partially cooked.
- Once done, keep them aside.
- In an another microwave safe bowl, heat the oil on high for 30 seconds.
- Add the prepared smooth paste, mix well and microwave on high for another one minute.
- Add partially cooked potatoes, whipping-cream, kasuri methi, tandoori or tikka masala and salt, mix all well.
- Microwave on high for another 2 minutes.
- If potatoes are not fully cooked than microwave them again for a minute or till they get cooked fully.



- Squeeze some lemon juice and it is ready to be served.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
180	4	30	6	5	2

