

Recipe Name: Senai Potato Curry Recipe - Spicy Chettinad Style Yum Stir Pre

Diet Type:

Course: Lunch

Cuisine: South Indian Recipes

Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 300 grams Elephant yam (Suran/Senai/Ratalu) - cut into thin slices	4
• 1 teaspoon Turmeric powder (Haldi)	
• 1 teaspoon Red Chilli powder	
• 1 teaspoon Coriander Powder (Dhania)	
• 1 sprig Curry leaves	
• Salt - to taste	
• Sunflower Oil - for cooking	

Preparation

- Check for seasonings.
- Once done in the same oil add some curry leaves and let it splutter, then add in the shallow fried yam chips and give it a toss.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
250	4	40	10	6	5