



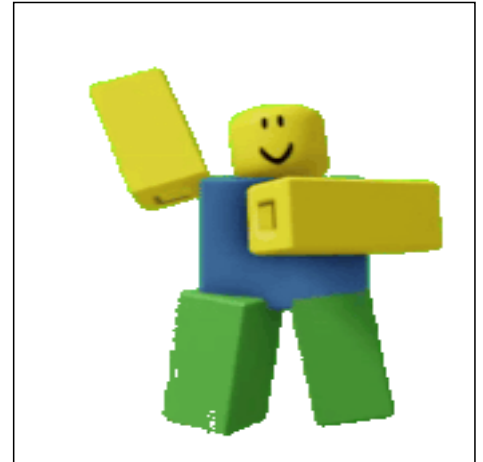
Recipe Name: Odisha Style Aloo Husband Recipe -Aloo Mash Sabeeji

Diet Type:

Course: Side Dish

Cuisine: Oriya Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 4 Potatoes (Aloo) - peeled	4
• 1 teaspoon Mustard seeds	
• 1 sprig Curry leaves	
• 3 Dry Red Chillies - seeds removed and torn	
• 1 Onion - chopped	
• 1 Green Chilli - chopped	
• Salt - to taste	

Preparation

- To begin making the Odisha Style Aloo Bharta Recipe, pressure cook the potatoes with water and salt for about 4 whistles until it is done.
- Allow the pressure to release naturally and mash it using a potato masher.
- Heat a kadai with oil, add mustard seeds and allow it to splutter.
- Add onions and saute until they turn translucent.
- Now add dry red chillies and green chillies and stir for few seconds.
- Add the mashed potato and sprinkle salt and mix well.

Macronutrients

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