

Recipe Name: Jeera Hing Aloo (Recipe In Hindi)
Diet Type:
Course: Lunch
Cuisine: Indian
Quantity:



Ingredients

Ingredient	Quantity
• 500 gms potatoes	4
• 1-1/2 tsp cumin powder	
• 1/2 tsp asafoetida	
• 1/2 tsp green chutney	
• 1/2 tsp lemon juice	
• 1/2 tsp salt	
• 1/2 tsp sugar	
• 1/2 tsp oil	
• 1/2 tsp ginger powder	
• 1/2 tsp garlic powder	
• 1/2 tsp coriander powder	
• 1/2 tsp red chili powder	
• 1/2 tsp black salt	
• 1/2 tsp black pepper	
• 1/2 tsp green coriander	
• 1/2 tsp green chutney	

Preparation

- To make cumin asafoetida potatoes, first wash and peel the potatoes.
- Now add water to a saucepan and cook it.
- Boil it well and let the potatoes harden.
- Heat oil in a pan.
- Add cumin and asafoetida to it.
- After 10 seconds, add grated ginger and mix it.
- Now add all the spices and potatoes in it.
- Mix well and cook until the potatoes are cooked.
- Add mango powder and green coriander and mix.
- Serve hot.
- Serve cumin asafoetida and potatoes along with garlic lentils and phulka for dinner.



Macronutrients

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