

Recipe Name: Tamatar Chaat Banarasi Style Recipe

Diet Type:

Course: Snack

Cuisine: Uttar Pradesh

Quantity:



Ingredients

Ingredient	Quantity
• 2 Potatoes (Aloo) - boiled	2
• 1 teaspoon Red Chilli powder	
• 4 Tomatoes	
• 1 teaspoon Black Salt (Kala Namak)	
• 1 teaspoon Cumin powder (Jeera)	
• 1 teaspoon Black pepper powder	
• 2 tablespoons Tomato Ketchup	
• 1 tablespoon Sugar	
• 1 teaspoon Garam masala powder	
• 1 Onion - finely chopped	
• 3 Green Chillies - chopped	
• Coriander (Dhania) Leaves - chopped	
• Puffed rice - and namkeen (mixture)	
• Sunflower Oil - as required	

Preparation

- To begin making the Tamatar Chaat Banarasi Style recipe, boil the potatoes in a pressure cooker with required water and salt.
- Cook them till the cooker releases 3 whistles.
- When they are cooled down, peel the skin and mash them.
- Now add cumin powder, red chilli, coriander, black pepper, garam masala powder, salt & black salt into the mashed potatoes and mix it properly.
- Next, take the washed tomatoes and cut the upper half of the tomatoes & cut then pull out the pulp of the tomato.
- Stuff the tomatoes with mashed potatoes.
- Next heat up 2-3 tablespoon of oil in a flat surface pan and put the tomatoes in the pan with the potato stuffed side down.



- Let it cook for 10-15 minutes until the tomatoes start getting a bit mushy.
- Turn off the gas and grind the stuffed tomatoes plus leftover tomato pulp together and turn it into a thick paste.
- Now turn the heat again and use the same pan, add some more oil into it.
- Once the oil is hot enough then add thick tomato paste, a bit of salt, sugar & tomato sauce and cook on low heat for 10-12 minutes.
- Transfer the cooked chaat into a serving bowl and garnish it with some chopped onions, green chillies, fresh coriander leaves & Namkeen.

Macronutrients

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