DietCloud – Recipe

Recipe Name: Potato Vindaloo (Recipe In Hindi)

Diet Type:

Course: Lunch

Cuisine: Goan Recipes

Quantity:



Ingredients

Ingredient	Quantity
	4

Preparation

- To make Aloo Vindaloo, first heat a saucepan.
- Add chopped potatoes, water and salt to it.
- Cook until the potatoes are half cooked or soft.
- Take out the water from the potato and keep them separately.
- Now in a mixer grinder pour the ingredients given for the vindaloo spices and grind it.
- Now heat the oil in a pan.
- Add the mustard seeds and curry leaves and let it cook for 10 seconds.
- After 10 seconds, add Vindaloo paste and let it cook for 3 minutes.
- After 3 minutes, add 1/2 cup water, potato, salt and mix it.
- Cook for 10 to 12 minutes.
- Then add some sugar, mix and serve hot.
- Serve Aloo Vindaloo with Sol Kadhi and Rice for dinner.

Macronutrients

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