DietCloud – Recipe

Recipe Name: Rase Wale Aloo Recipe (Boiled Potato in Tangy Tomato Sauce)

Diet Type:

Course: Lunch

Cuisine: North Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 6 Potatoes (Aloo) - freshly boiled (roughly chopped)	4
• 4 Tomatoes - pureed	
• Sunflower Oil - as required	
• 1 teaspoon Cumin seeds (Jeera)	
• 1/4 teaspoon Asafoetida (hing)	
• Salt - as per taste	
• Red Chilli powder - as per taste	
• 1 teaspoon Sugar	
• 1/4 Turmeric powder (Haldi)	
• 1 teaspoon Cumin powder (Jeera) - roasted	
• 1/4 teaspoon Garam masala powder	
• 1 teaspoon Coriander Powder (Dhania)	

Preparation

• To begin making the Rase Wale Aloo recipe, in a heavy bottomed pan heat oil and temper the jeera and hing.
• Add tomato puree and cook till all the moisture reduces.
• Add all the masalas and sugar.
• Cook for another 30 seconds.
• Add the potatoes and add 1 glass water (250ml) and let it cook and reduce further to a thick consistency.
• Mash some of the potatoes in the gravy to get that typical rase wale aloo.

Macronutrients

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

DietCloud – Recipe