# DietCloud – Recipe

**Recipe Name:** Odia Style Chuin Aloo Besara Recipe- Potato & Drumsticks Fry In Mustard Paste

**Diet Type:**

**Course:** Lunch

**Cuisine:** Oriya Recipes

**Quantity:**



## Ingredients

| Ingredient | Quantity |
|---|---|
| • 2 Potatoes (Aloo) - chopped | 4 |
| • 5 Drumstick - cut into 3 inch pieces | |
| • 2 teaspoon Mustard seeds | |
| • 1 teaspoon Cumin seeds (Jeera) | |
| • 3 Dry Red Chillies | |
| • 7 cloves Garlic | |
| • 1 teaspoon Turmeric powder (Haldi) | |
| • 1 teaspoon Panch Phoran Masala | |
| • 4 tablespoon Mustard oil | |
| • Salt - as needed | |

## Preparation

• To begin making the Odia Style Chuin Aloo Besara recipe, soak the mustard seeds, garlic, dry chilli and cumin seeds in half a cup of water and keep aside for at least 15 minutes.
• Take and wash all the drumsticks, peel off the outer layer and cut it into 3 to 4 inch pieces.
• Cut potatoes into thick slices (1/2 inch), keep aside along with drumsticks.
• Drain the soaked mustard seeds, garlic, dry chilli and cumin seeds.
• Grind very well into a fine paste by adding a little water.
• Take a heavy bottomed pan, heat the mustard oil.
• Add panch phoran & allow spluttering.
• Add potatoes along with turmeric powder and stir fry them for around 3 minutes.

• Then add the ground paste and mix well until the vegetables are coated with it.
• Add 1 cup of water and salt.
• Cover and cook until the potatoes are cooked or till all the water dries out.

- Serve hot.

## Macronutrients

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