DietCloud – Recipe

Recipe Name: Patiala Aloo Recipe

Diet Type:

Course: Main Course

Cuisine: North Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 5 Potatoes (Aloo) - peeled and cut into cubes	4
• 2 tablespoons Mustard oil - or cooking oil	
• 1 teaspoon Cumin seeds (Jeera)	
• 1 Asafoetida (hing) - a pinch	
• 1/4 teaspoon Methi Seeds (Fenugreek Seeds)	
• 1 Green Chilli - slit	
• 1 teaspoon Red Chilli powder	
• 1 teaspoon Cumin powder (Jeera)	
• 1 Bay leaf (tej patta)	
• 1 teaspoon Coriander Powder (Dhania)	
• 1/2 teaspoon Amchur (Dry Mango Powder)	
• 1/2 teaspoon Chaat Masala Powder	
• 1/2 teaspoon Garam masala powder	
• 1/2 teaspoon Turmeric powder (Haldi)	
• 1 teaspoon Kasuri Methi (Dried Fenugreek Leaves)	
• 1/3 cup Homemade tomato puree	
• 2 teaspoons Tamarind Paste	
• 1/3 cup Coriander (Dhania) Leaves - finely chopped	

Preparation

• To begin making the Patiala Aloo Recipe, keep the peeled and cubed potatoes immersed in salt water to avoid discoloration.

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- This will take a good 12-15 mins on medium-high flame.
- Ensure that the potatoes have cooked through.

Macronutrients

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