

Aloo Matar-Indian potato peas curry

Yield: 2 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/aloo-matar-indian-recipe>

Ingredients:

- 1 tablespoon vegetable oil
- 1/2 cup onion chopped
- 1 tablespoon ginger chopped
- 1 tablespoon garlic chopped
- 1/2 cup tomato chopped
- 2 tablespoons vegetable oil
- 1/2 teaspoon cumin seeds
- 1 teaspoon red chili powder
- 1/2 teaspoon coriander powder
- 1/4 teaspoon turmeric powder
- 3/4 teaspoon salt
- 1 cup water
- 1 cup potato peeled and cubed
- 3/4 cup green peas
- 1 tablespoon cilantro chopped

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 28 grams
3. Fat: 21 grams
4. Fiber: 6 grams
5. Protein: 6 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 920 milligrams
8. Sugar: 7 grams
9. TransFat: 0.5 grams

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