

Aloo Palak | Indian Spinach Potato

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 1 pound baby spinach roughly chopped, prewashed baby spinach or 2 bunches of thoroughly washed and stems removed spinach
- 3 vine tomatoes medium, diced
- 3 Yukon Gold potatoes medium, or red potatoes, peeled, washed, and cut into about ½ inch thick cubes
- 1 medium yellow onion peeled and diced
- 8 garlic cloves roughly chopped, roughly chopped
- 1 teaspoon grated ginger
- 3 tablespoons olive oil or mustard oil
- 1 teaspoon cumin seeds
- 3 red chilies dried whole
- 1/2 teaspoon cumin powder
- 1 1/2 tablespoons coriander powder
- 1 teaspoon pink salt or table salt to taste
- 1 1/2 tablespoons chili powder Kashmiri
- 1/2 teaspoon turmeric
- 2 tablespoons water if needed

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 34 grams
3. Fat: 11 grams
4. Fiber: 10 grams
5. Protein: 10 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 720 milligrams
8. Sugar: 4 grams

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