

Easy & Tasty Aloo Matar Pulao

Pakistani Food

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/best-pakistani-matar-pulao-recipe>

Ingredients:

- 1 sliced onion
- 4 bay leaves
- 8 cloves
- 8 black pepper
- 1 cardamom
- 1 inch cinnamon stick
- 8 garlic cloves
- green chilies paste 3 tbsp
- 6 sliced tomatoes
- potatoes Aloo 4 to 5
- salt to taste
- 1 tablespoon red chili powder
- 1/2 tablespoon turmeric powder
- 1/2 teaspoon cumin seeds
- chicken stock or Chicken Cube, 1 cube to use
- 1/2 teaspoon coriander seeds
- 1/2 teaspoon red chili flakes
- 1/2 teaspoon salt
- 1/2 teaspoon garam masala powder
- masala Pulao, Powder 2 tbsp, if you have available

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 5 milligrams
4. Fat: 3 grams
5. Fiber: 4 grams

6. Protein: 8 grams
 7. Sodium: 780 milligrams
 8. Sugar: 6 grams
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