

Aloo Kofta (Stuffed potato curry)

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-stuffed-potato-curry-recipe>

Ingredients:

- 8 potatoes cut into large chunks
- 1/2 cup mawa or milk solids
- 1/2 cup paneer or Indian cottage cheese, scrambled
- 2 teaspoons cumin powder
- 1 teaspoon Garam Masala
- 1 teaspoon red chili powder Kashmiri
- 1/4 teaspoon turmeric
- salt to taste
- sugar to taste
- 1 handful raisins or cashew nuts or almonds
- 1 tablespoon cornstarch
- 1 cup water
- 1 cup breadcrumbs
- 1 cup tomatoes crushed or puree
- 2 tablespoons ginger paste
- 2 teaspoons cumin powder
- 1 teaspoon Garam Masala
- 1 teaspoon red chili powder Kashmiri
- 1/4 teaspoon turmeric
- salt to taste
- sugar to taste
- 1/2 cup yogurt beaten
- 2 tablespoons sour cream optional
- 1 cup water
- shredded cheese for baked version
- cilantro leaves for garnishing, optional
- 4 tablespoons coriander whole
- 1 tablespoon cumin whole
- 1 tablespoon black peppercorns
- 1 1/2 teaspoons cumin black
- 1 1/2 teaspoons ginger powder

- 3/4 teaspoon black cardamom
- 3/4 teaspoon cloves
- 3/4 teaspoon canela
- 3/4 teaspoon bay leaves crushed

Nutrition:

1. Calories: 600 calories
2. Carbohydrate: 116 grams
3. Cholesterol: 25 milligrams
4. Fat: 11 grams
5. Fiber: 13 grams
6. Protein: 18 grams
7. SaturatedFat: 6 grams
8. Sodium: 810 milligrams
9. Sugar: 28 grams

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