

Aloo Bhaji (Indian-style Potato Curry)

Yield: 4 min
Total Time: 20 min

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

Ingredients:

- 2 tablespoons cooking oil light
- 1 teaspoon cumin seeds
- 3 garlic cloves lightly bruised
- 1 onion medium-sized, thinly sliced
- 1/4 teaspoon turmeric powder
- 1/2 teaspoon chilli powder
- 1 teaspoon coriander powder
- 1/2 teaspoon amchoor powder
- salt to taste
- 1 tablespoon tomato paste
- 2 tomatoes medium-sized, finely chopped
- 3 potatoes medium-sized, boiled and roughly broken into bite-size pieces by hand
- water as required
- 1 handful coriander leaves fresh, for garnish, optional

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 33 grams
3. Fat: 7 grams
4. Fiber: 5 grams
5. Protein: 5 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 250 milligrams
8. Sugar: 5 grams

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