

# Potato Curry – Aloo Curry

Yield: 4 min  
Total Time: 40 min

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

## Ingredients:

- 1 cup potatoes cubed, about 3 - aloo
- 3/4 cup onions chopped
- 1 medium tomato ripe, or 1/2 cup chopped or pureed
- 2 green chili optional
- 2 tablespoons oil
- 1/2 teaspoon kasuri methi or 1 sprig curry leaves, optional
- 1 teaspoon ginger garlic paste
- salt as needed
- 2 tablespoons coriander leaves or cilantro chopped
- spices
- curry
- 1 1/2 teaspoons Garam Masala or use more if desired
- 1/2 teaspoon red chili powder adjust as needed
- 1/2 teaspoon cumin or jeera
- 1/4 teaspoon mustard or rai, optional
- 1/4 teaspoon turmeric or haldi
- asafoetida or Pinch hing, optional

## Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 16 grams
3. Fat: 8 grams
4. Fiber: 4 grams
5. Protein: 3 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 210 milligrams
8. Sugar: 4 grams

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