

Easy Indian Potatoes / Aloo sabzi / Batata Bhaji

Yield: 4 min
Total Time: 20 min

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

Ingredients:

- 2 tablespoons peanut oil or olive oil
- 1/2 teaspoon mustard seeds
- 1/2 teaspoon cumin seeds jeera
- 1/8 teaspoon asafoetida hing
- 6 curry leaves kadipatta
- 1 cup chopped onions
- 2 green chilies Indian or Thai, Bird's eye, finely chopped
- 1 inch ginger piece, grated
- 4 garlic cloves minced
- 1/2 teaspoon turmeric powder
- 1 teaspoon salt
- 6 potatoes medium-sized, peeled and chopped, 4 cups chopped
- 1 tablespoon lime juice squeezed
- 1 cup water
- 2 tablespoons chopped cilantro

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 58 grams
3. Fat: 7 grams
4. Fiber: 8 grams
5. Protein: 8 grams
6. SaturatedFat: 1 grams
7. Sodium: 620 milligrams
8. Sugar: 6 grams

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