

Baked Indian mashed potato cakes

Yield: 96 min
Total Time: 80 min

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

Ingredients:

- 2 large potatoes 2 cups ½ cups diced, peeled and cut into 1-inch cubes
- 1 cup frozen peas thawed
- 1 small red onion diced, 1/2 cup
- 1 jalapenos diced, removed the seeds or use only 1 chili if you want to reduce the heat
- 1 ginger – inch knob of, minced, 1 Tbsp.
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon ground turmeric
- 1/2 teaspoon Garam Masala
- 1/4 teaspoon cayenne pepper pinch of
- 1/2 teaspoon salt optional
- 2 tablespoons lemon juice 1/2 fresh lemon
- 2 tablespoons flour chickpea, gram flour
- 2 tablespoons fresh cilantro coriander, chopped

Nutrition:

1. Calories: 10 calories
2. Carbohydrate: 2 grams
3. Sodium: 15 milligrams

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