

# Aloo Matar Dhaba Style | Aloo Matar Gravy

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/south-indian-style-aloo-matar-recipe>

## Ingredients:

- 1 potato peeled and cut into cubes, large size
- 250 grams fresh green peas
- 3 tablespoons oil
- 1/2 teaspoon sugar
- 1 bay leaf
- 1 onion finely chopped, large size
- 1/2 teaspoon turmeric powder
- 2 teaspoons red chili powder 1-, kashmiri, non spicy
- salt to taste
- 1/2 teaspoon kasuri methi
- 1 cup hot water
- 1/4 teaspoon garam masala powder
- 4 tablespoons coriander leaves 3-, finely chopped fresh, for garnishing, optional
- 1 tomato roughly chopped, large size
- 7 garlic cloves 6-
- 1 inch ginger
- 1 green chili
- 1 teaspoon cumin seeds
- 1 teaspoon coriander seeds
- 2 green cardamoms
- 2 cloves
- 2 inches cinnamon stick
- 1/2 teaspoon salt

## Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 26 grams

3. Fat: 11 grams
4. Fiber: 6 grams
5. Protein: 6 grams
6. SaturatedFat: 1 grams
7. Sodium: 520 milligrams
8. Sugar: 8 grams

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