

Urulai Kilangu (Potato) Masiyal Recipe



Mashed Potatoes

Potatoes are the favourite vegetable for everyone in the world. Potatoes provide the body with an essential source of fuel and energy, which you need even when dieting. As a rich carbohydrate source, they help to fuel all reactions in the body which you need for movement, thinking, digestion and cellular renewal.

This masiyal is a simple recipe and it goes well with sambhar rice ...give a try...:)



Ingredients

2 Potatoes

1 Chopped Onion
2 Garlic cloves
1/2 tsp of Turmeric Powder
2 tsp of Sambhar Powder
Salt as needed

To temper

1tbsp of oil
1tsp of Mustard
1tsp of Urad dal
1 Sprig of Curry Leaves
Pinch of asafoetida

Method

- Boil the potatoes in microwave for 3 mins.
- Mash the potatoes with spoon or masher
- Heat oil in pan and temper it with mustard, urad dal, curry leaves and asafoetida
- Add chopped onion and fry till it changes transparent. Add chopped garlic to it.
- Sprinkle some salt, turmeric powder and sambhar powder. Mix it well.
- Add mashed potatoes to it and fry till oil separates.
- Cover the pan with a lid and cook it in medium flame for 5 mins till masiyal becomes crispy.
- Swicth of the flame.
- Serve it with sambhar or curd rice

Tips

- If you don't have sambhar powder you can add chilly powder
- you can add more oil so it makes potato crispy. Diet

people don't try this.

- Add garlic to all potato dishes it helps your stomach digestion.

Basic Information

Prep Time – 10 mins

Cook Time – 15 Mins

Serves – 3 people

Health Benefits of Potatoes

- It acts as a vitamin booster
- Lowers the blood pressure because blood-pressure lowering molecules in potatoes called kukoamines.
- Good for gut health and cardiovascular disease
