

# 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 seperates.
- 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
