

# Aloo Mutter ( Potatoes and Peas )Recipe



*Aloo Mutter is a quick, rich and delicious recipe with a fusion of potatoes and peas. This is a famous dish from Punjab, India. This recipe is perfect for lunch or dinner. It can be served with Chappathi, paratha or rice.*

## **Ingredients**

- 1 Large Potato**
- 1/2 Cup of Peas**
- 1/2 Cup of Onion**
- 1 Large Tomato**
- 1/2 Tsp of Turmeric**
- 1/2 Tsp of Red Chilly Powder**
- 1 1/2 Tsp of Coriander Powder**

1/2 Tsp of Cumin Powder  
1/2 Tsp of Garam Masala  
1 Tsp of Mustard  
1 Tsp of Cumin  
A Pinch of Asafoetida  
3 Tbsp of Chopped Cilantro  
1 Tsp of Lemon Juice  
2 Tbsp of oil/butter  
Salt and Water as needed

### **To Grind**

2 Green Chillies  
1/2 Inch Ginger  
2 Garlic Cloves

### **Method**

- Boil the potato in microwave for 4 mins and cut into big cubes and keep aside.
- Heat the oil or butter in a pan. Test the heat by adding one cumin seed to the oil. If the cumin seed cracks right away, the oil is ready.
- Add Cumin and mustard, asafoetida, after cumin seeds cracks add onion and salt fry till it changes to golden yellow colour.
- Next add "To Grind" Paste, fry for 2 mins.
- Add turmeric, garam masala and chilly powder directly to oil and fry for 1 min.
- Add chopped tomato or add 2-3 tbsp of tomato puree cook until oil separates.
- Now add boiled potato and peas.
- Add about 1 cup of water after it comes to boil lower the heat to medium and let it cook for about five minutes.
- Add coriander powder and cumin powder. Let it cook for

2-3 mins.

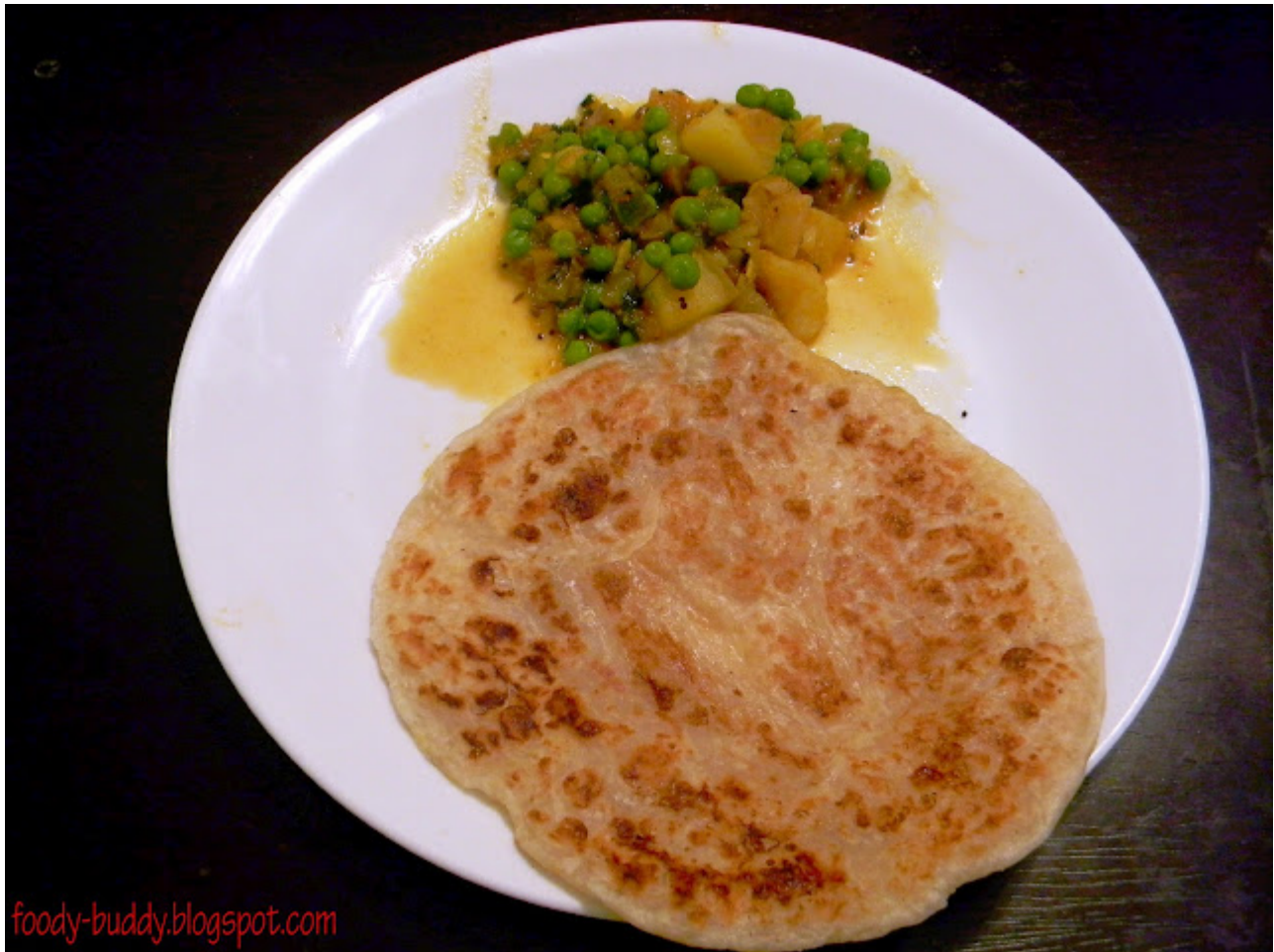
- Turn off the stove. Finally add cilantro and lemon juice.
- Aloo Mutter is ready to serve.



### Tips

- Aloo mutter can be served with chapathi, paratha or rice.
- You can follow the same recipe with any vegetables of your choice
- You can also cook without onion and garlic.





foody-buddy.blogspot.com

### **Health Benefits of Potatoes and peas**

- **Peas are one of the most nutritious leguminous vegetable, rich in health benefiting phyto-nutrients, minerals, vitamins and anti-oxidants.**
- **Fresh pea pods are excellent source of folic acid and ascorbic acid.**
- **Potatoes rich in carbohydrates, so it is easy to digest and facilitate digestion**
- **Potatoes are one of the richest sources of starch, vitamins, minerals and dietary fiber**