

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 seperates.**
- **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**

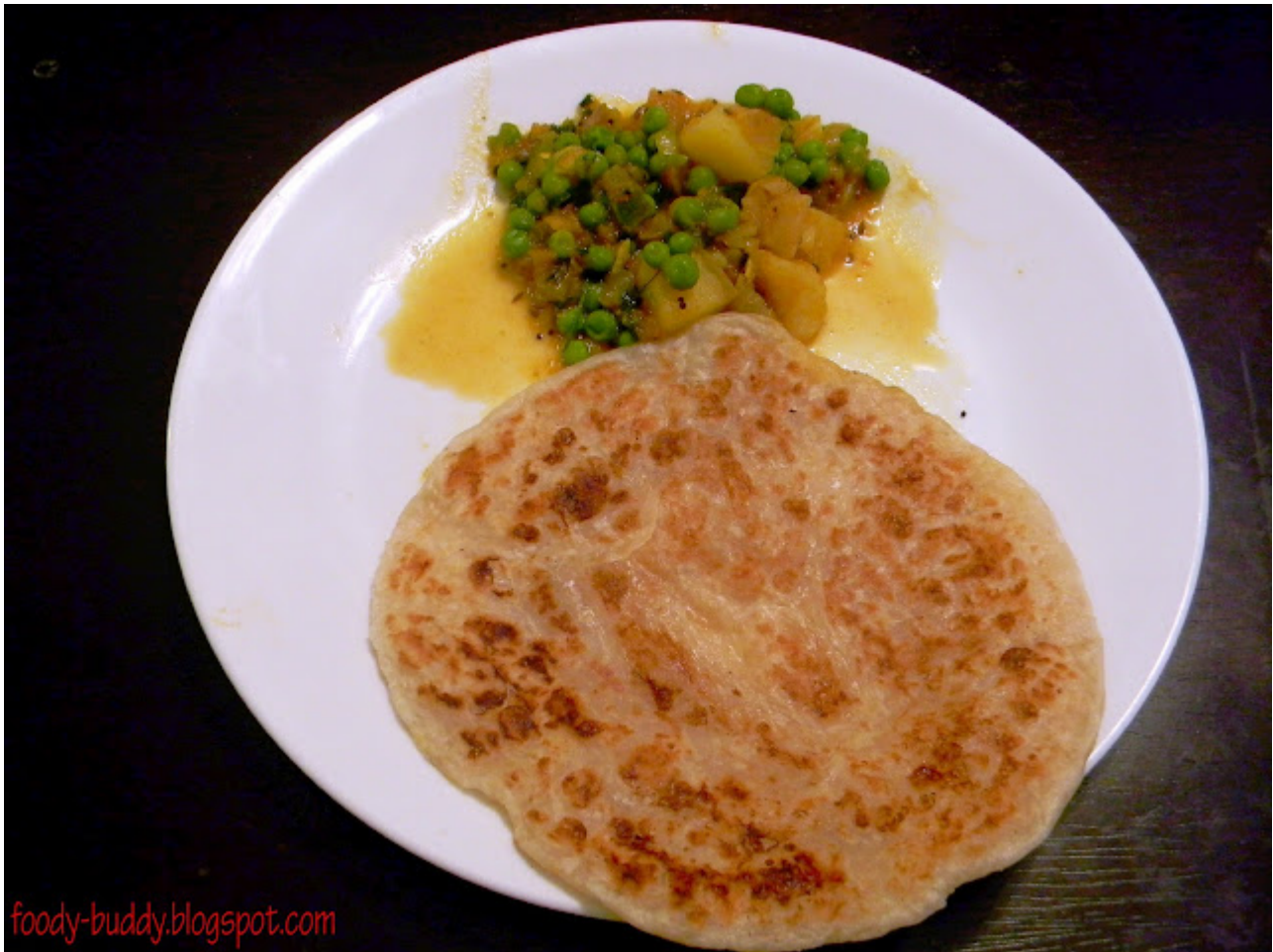
2-3 mins.

- **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.**



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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**