

Aloo Methi (Potato with Fenugreek Leaves) - How to make Aloo Methi Recipe- No onion No garlic recipe



Aloo methi is a classic Indian dish made with potatoes, aromatic fenugreek leaves and spices. This delicious and flavorful dish is packed with protein, Iron and vitamins. Enjoy this dish with [roti](#) or [paratha](#) or [jeera rice](#).

Ingredients

3 Medium Size Golden Yellow Potatoes
2/3 Cup of Fenugreek Leaves

2 Tsp of Coriander Powder
1 Tsp of Red Chilly Powder
1/2 Tsp of Turmeric Powder
1/2 Tsp of Kitchen King masala
Salt as needed

To Temper

3 Tsp of Oil
1 Tsp of Cumin / Jeera
Pinch of Asafoetida

Method

- Wash the potatoes and cut into cubes, boil them along with salt in a steamer or microwave.
- Wash and roughly chop the methi leaves.
- Heat a pan with oil, add cumin seeds, after they crackles add asafoetida, in a medium-low flame add coriander powder, turmeric powder, red chilly powder and kitchen king masala, give a quick stir.
- Immediately, add methi leaves(fenugreek leaves), saute this for 1 min.
- Add boiled potatoes, mix well with the masala, sprinkle some water and salt, cook it for 5 – 7 mins in medium flame by covering the pan. Do stirring one or two times in between. once it done, switch off the stove.
- Aloo methi (Potato with Fenugreek Leaves curry) is ready to serve.



Aloo Methi

Tips

- Serve with [paratha](#) or [jeera rice](#) or [Vegetable pulao](#)
- You can add onion or garlic, if you want.
- If you want tangy side, add chopped tomatoes or Amchur Powder(mango powder)
- You can use sambhar powder instead of turmeric, red chilly powder and coriander powder.
- Dried methi leaves can be used in place of fresh fenugreek leaves.

Health Benefits of Potato and Fenugreek Leaves

- Potatoes are rich in vit A,C and fiber and good for brain function.
- Fenugreek leaves are good source of vitamins, minerals, protein and iron. Also good for lactating mothers.

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