

Aloo Shimla Mirch (Potato With Bell Pepper)



This recipe is a combination of potatoes and bell peppers. Both are delicious, vitamin and fiber rich vegetables. This dish is so flavorful especially with the addition of amchur powder and dried methi leaves. This taste great with roti/naan/curd rice.

Ingredients

- 1 Big Potato**
- 1 Green Bell Pepper/Capsicum**
- 1/4 Cup of Chopped Onion**
- 1 Tsp of Ginger Garlic Paste**
- 1 Green Chilly**
- 1 Tsp of Cayeene Pepper/Red Chilly Powder**

1 Tsp of Curry Powder
1/2 Tsp of Garam Masala
A pinch of Amchur Powder(Dried Mango Powder)
1 Tbsp of Dried Methi Leaves(Kasturi Methi)
2 Tbsp of Chopped Cilantro
Salt to taste

To Temper

2 Tbsp of Oil
1 Tsp of Mustard
1 Tsp of Jeera
A Pinch of Asafoetida
Few Curry Leaves

Method

- **First wash and chop the potatoes and bell peppers.**
- **Heat a pan with oil and fry bell peppers and potatoes separately for few mins and keep it aside.**
- **In the same pan, add little oil “do the tempering” add mustard, jeera, let them turn brown. Add asafoetida and curry leaves. Fry for a few seconds.**
- **Add chopped onions, salt and cayenne pepper and fry for 3-4 mins.**
- **Add ginger garlic paste and chilly, fry for few mins**
- **Add little water and curry powder and fry for few mins. Make sure don't burn them.**
- **Immediately add the potatoes and little water. Mix well. Cover pan with a lid and cook for 10 mins in medium flame. So that the potatoes absorbs all the flavors.**
- **Now add the bell peppers and stir well. Cook in medium flame for another 3 mins.**
- **Add Garam masala, amchur powder and dried methi leaves(one by one). Saute for 2 mins.**
- **Finally add cilantro for garnishing and serve hot!!!**

Tips

- It goes well with chapathi's, rasam or curd rice
- If you don't get curry powder, substitute with 2 tsp of coriander powder, 1 tsp of chilly powder and 1/2 tsp of turmeric.



Health Benefits of Potatoes and Bell Pepper

- Bell peppers and potatoes are rich in vitamin A and C
- Both are rich in dietary fiber.
- Bell peppers are rich in antioxidants.

Aamti (Maharastrian Style Dal)



Aamti is a traditional Maharashtra dish. It taste different from south Indian sambhar though most of the ingredients are similar. For this aamti, most important ingredient is Goda masala. Try this recipe you like it. It goes well with any vegetable fry.

Ingredients

To Pressure Cook

1/2 Cup of Toor Dal
1/2 Tsp of Turmeric
A Pinch of Asafoetida
1 Tsp of oil
1 Tsp of Salt

For Tadka/Seasoning

1 Tbsp of Oil
1 Tsp of Mustard
1 Tsp of Cumin
A pinch of Asafoetida
1 Chopped Tomato
2 Tsp of Coriander Powder
1 Tsp of Chilly Powder
1 Tsp of Goda Masala
A sprig of Curry Leaves
Tamarind Pulp to taste
1/2 Tsp of Jaggery/sugar
Salt to taste
2 Tbsp of Chopped Cilantro/Coriander leaves

Method

- **Wash and soak the dal for 1/2 hr.**
- **Pressure cook the dal by adding " To pressure cook" ingredients.**
- **Once it done, Keep it aside.**
- **Take a pan with oil, add mustard, cumin, asafoetida and curry leaves.**
- **Now add cooked dal and little water.**
- **Add tomato, tamarind juice and cook for 5-6 mins.**
- **Add coriander powder, red chilly powder, goda masala,**

jaggery and salt to taste. Mix well and cover it with a lid and cook for 10-12 mins.

- Finally garnish it with cilantro.

Tips

- It goes well with cabbage fry or any less spicy subzi.
- You can use kokum instead of Tamarind pulp.
- You can get goda masala in any super market.
- If you don't get goda masala, try it with garam masala.



Health Benefits of Toor Dal

- Rich in carbohydrates, protein and fiber
- Excellent source of folic acid.

Aloo Palak / Spinach Potato Curry



Spinach nutrition is amazing !!!The calcium content in spinach strengthens the bones. Also rich in Iron, Vitamin A and C, folic acid, magnesium and flavanoids. Potatoes are also rich in vitamin, minerals, starch and fiber. Combination of this fiber and iron rich vegetables along with spices and dried methi leaves makes Aloo Palak. Aloo Palak is an authentic Punjabi dish which is nutritious and

quick to make. This brilliant green curry goes well with naan, chapathi or rice.

Ingredients

- 2 Small Potatoes
- 2 Cups of Spinach
- 1/2 Cup of Chopped Onion
- 2 Green Chillies
- 1 Tsp of Ginger Garlic Paste
- 1 Chopped Tomato
- 1/2 Tsp of Turmeric Powder
- 1 Tsp of Chilly Powder
- 1/2 Tsp of Garam Masala
- 2 Tbsp of Kasturi Methi/Dried Methi Leaves
- 2 Tbsp of Fried Onion
- 1 Tbsp of Yogurt
- 1 Tbsp of Besan Flour
- 2 Tbsp of oil
- Salt and Water as needed

Method



- Boil the potatoes in microwave or cooker and cut into small cubes and keep it aside.
- Take a bowl add yogurt and besan flour. Mix well and

keep it aside.

- Heat oil in a pan and add onion, green chilly and salt. Saute well.
- Add ginger garlic paste and saute for 2 mins.
- Add turmeric, chilly powder and saute for 1 min.
- Add chopped tomatoes, kasturi methi, spinach and salt. Saute well for 5 mins until it get cooked.
- Turn off the stove and let it cool for 5 mins
- Now take a blender/mixie, add fried onions and spinach onion mixture and grind to a smooth paste.
- Heat a pan with oil/butter and add the ground palak puree and add some water and salt. Cook in medium flame for 5-7 mins.
- Add the boiled potatoes and besan yogurt paste. Mix well and cook in medium flame for 5 mins till the potatoes absorbs all the flavors.
- Finally add garam masala and mix well. Turn off the stove.
- Season with fresh cream or cheese if desired.



Tips

- Serve hot with [roti](#) or [peas pulao](#) or [jeera rice](#).
- Add little salt while boiling the potatoes.
- Adding fried onions and cream gives a rich taste.



Health Benefits of Potato and Spinach

- **Spinach secret weapon, lutein helps to prevent cataract.**
- **Both spinach and potatoes are rich in vitamins, minerals, fiber and iron.**