

Potato Peas Fry Recipe



This Recipe is the combination of Peas and Potato. Both are rich in fiber, vitamins and good for health. This dish is very easy to make with simple ingredients which gives rich taste. This can be served with sambhar rice or any variety rice.

Ingredients

- 1 Large Red Potato**
- 1/2 Cup of Peas**
- 1 Finely Chopped Green Chilly**
- 1/4 Tsp of Asafoetida**
- 1 and 1/2 Tsp of Ginger Garlic Paste**
- 1 Tbsp of Sambhar Powder**
- Few Curry Leaves**
- 1 Tsp of Fennel Seeds/ Sombu**

1/2 Tsp of Amchur Powder
Pinch of Garam Masala
2 Tbsp of Cilantro or Coriander Powder
Salt and Oil as needed

Method

- **Boil the potato in a microwave for 4 mins or pressure cook it. Cut potato into cubes and keep it aside.**
- **Heat a pan with oil, add sombhu or fennel ,curry leaves let it crackles. Add asafoetida to it.**
- **Take the pan away from the stove, add sambhar powder and fry for a min.**
- **Keep back the pan in a stove, add ginger garlic paste and green chilly, fry for a mins until raw smell vanishes.**
- **Add boiled potato and peas, some salt and little water. Keep it covered and cook for 4-5 mins.**
- **Add Amchur powder and garam masala, Mix well. Fry for a 1 min. Switch off the stove.**
- **Finally garnish it with cilantro.**

Tips

- **Serve it with sambar rice, rasam rice or curd rice.**
- **If you don't have sambhar powder, replace it with 2 tsp of coriander powder, 1 tsp of red chilly powder and 1/2 tsp of turmeric.**
- **If you want to cook fast , precook all Veggie's in Cooker or in Microwave.**

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Health Benefits of Potato and green peas

- Peas are rich in vit A, K, folic acid and ascorbic acid.
- Potatoes are rich in vit A,C and fiber and good for brain function.

[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.

CABBAGE PEAS FRY / MUTTAKOS PATANI PORIYAL



Cabbage is very common in my pantry because you can make different side dishes with carrot, peas or spinach. This recipe is simple and easy to make recipe with the addition of few spices. You can serve it with sambhar rice or rasam or curd rice.

Ingredients

2 Cups of Cabbage
1/4 Cup of Peas
1/4 Cup of Onion
1 Tsp of Ginger Garlic Paste
2 Tsp of Coriander Powder
1 Tsp of Red Chilly Powder
1/2 Tsp of Turmeric Powder
1/2 Tsp of Garam Masala
Salt and water as needed

To Temper

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

Method

- Heat a pan with oil and add mustard seeds, after it crackles add cumin, asafoetida and curry leaves, allow it to turn light brown.
- Add onions, little salt, ginger garlic paste, saute well in medium flame.
- Add tumeric powder, coriander powder, chilly powder, garam masala and stir well.
- Immediately add Chopped cabbage, peas and mix well with masala.
- Add required water, salt and cover the lid and cook in medium flame for 7-8 mins. Turn off the heat.
- Hot Cabbage fry is ready

Tips

- You can add grated coconut in the end .
- Add carrot instead of peas.
- Left overs can be filled in dosa for dinner.



Health Benefit of Cabbage

- It is rich in vitamin C
- It is a good detoxifier.
- Being rich in Iodine, helps in proper functioning of brain.
- It can provide you special cholesterol lowering benefits, if you cook it in steaming.