Allu_Chat

NIBBLEDISH CONTRIBUTOR

Ingredients

Ingredients: 3 tbls Oil 1 item Onion, chopped 1 item Chilli 1.5 tsp Cumin seeds 2 tsp Ground coriander 700 g Potatoes, cooked 2 item Spring onion, sliced 1 tbls Coriander leaves 1 tsp Salt

Instructions

I visited asia and enjoyed traditional food there its delicious . This is really tasty recipie used in asian countries like Pakistan ,India,Bangladesh, "Method" Serves 4 1. Remove the seeds and chop the chilli. Chop fresh coriander or parsley. Dice the potatoes. Heat the oil in a pan and gently fry the onion until soft, stirring occasionally. 2. Add the chilli, cumin seeds and the ground coriander to the pan and fry for a further 2 minutes. Advice: You can also add 350 g cooked spinach instead of spring onions and coriander to make Sag Aloo. 3. Stir in the potatoes, the spring onions, the fresh coriander or parsley and the salt. Heat through for 5 minutes, stirring the mixture from time to time. 4.This recipie is also available at www.foodsfun.com