



INGREDIENTS

- 12 Cups Potatoes (cubed from about 20-24 medium potatoes)
- 2 Teaspoons Salt
- Water (as required)
- ¾ Cup Oil
- ¾ Cup Cumin Seeds (jeera)
- 4 Teaspoons Green Chillies (finely chopped)
- 2 Teaspoons Ground Turmeric
- 2 Teaspoons Red Chili Powder, Cayenne Pepper or Paprika
- Salt (to taste)
- 1 Cup Coriander Leaves (chopped)
- Lemon Juice (to taste)

DIRECTIONS

1. Scrub and rinse the potatoes very well in water.
2. Peel and chop the potatoes into small cubes. Add water enough to cover the potatoes. Sprinkle salt. Cover and simmer on a low to medium-low heat until the potatoes are fork tender. Drain all the water and set aside.
3. In a pan, heat oil on medium heat. Let the oil become hot.
4. Lower the heat and add cumin seeds and let them crackle in the oil taking care not to burn them. Stir them when they begin to crackle.
5. Now add chopped green chillies and mix very well.
6. Add the potato cubes and mix again.
7. Sprinkle turmeric powder, red chili powder and salt as desired. Mix thoroughly.
8. Saute the potatoes for 2 to 3 minutes on low to medium, stirring often.
9. Next, add 3 to 4 tablespoons lemon juice, per your preference.
10. Finish off with ¼ cup chopped coriander leaves.
11. Combine and mix thoroughly. Switch off the heat.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Snack

YIELD

12 Cups

PORTION SIZES

Toddler: ½ Cup

Preschool: ½ Cup

School Age: ¾ Cup

Adult: ½ Cup