

POORI WITH POTATO MASALA

SAVE  MORE
THAN FOOD
MAKE A DIFFERENCE



POORI WITH POTATO MASALA

INGREDIENTS

For Potato Masala:



4 medium potatoes,
boiled and
lightly mashed



1 onion,
thinly sliced



1 green chili,
chopped (optional)



1 tsp mustard seeds
(substitute: 1/2
tsp mustard
powder)



6-8 curry leaves
(substitute: 1/2
tsp thyme or
parsley)



1 tsp turmeric powder



1/2 cup water

For Poori:

2 cups whole wheat flour
1/2 tsp salt
1/2 cup water
1 tsp oil (optional)
Oil for frying

YIELD: 4 SERVINGS | TIME: 50 MINUTES

FOOD SAVING HACKS

Turn leftover potatoes into a flavorful meal with this simple, tasty dish.

INSTRUCTIONS

For Potato Masala:

1. Heat oil in a pan. Add mustard seeds (if using mustard powder, add it later with the turmeric), and curry leaves (or dried thyme/parsley) and let them sizzle.
2. Add sliced onions and green chilies. Sauté until the onions are soft.
3. Stir in turmeric, salt and mashed potatoes. Mix well.
4. Add water to achieve a semi-thick consistency and cook for 5 minutes.
5. Serve potato masala with hot pooris.

For the Poori:

1. Mix the flour, salt and optional oil in a bowl. Gradually add water to form a firm, smooth dough. Rest for 15 minutes.
2. Divide the dough into small balls and roll them into circles, about 4-5 inches in diameter.
3. Heat oil in a pan for frying. Once hot, fry the pooris one at a time until they puff up and turn golden. Place the fried pooris on a wire rack set over a tray or on a clean, reusable kitchen towel to let excess oil drain.

SAVE MORE THAN FOOD! Substituting ingredients based on what you have on hand is a great way to reduce food waste and make the most of what you already own.