



Healthy Indian Bites

Eat Healthy, Live Healthy.



Methi Aloo or Fenugreek curry is traditional Indian Recipe part of [Indian Cuisine](#) ages apart. It is cooked in Mustard oil. [Mustard oil](#) adds flavor and fragrance to recipe along with its nutritional benefits. It is quite delicious to eat. Cooked by any and many Indian family on regular basis. It takes 20-25 min to cook recipe. Recipe is quite nutritious, easy to cook, palatable to eat, can be cooked in each and every kitchen and can consume regularly.

In [HealthyIndianBites](#) food blogs, we have collected cooking tips shared by Grand Mother and added our own touches to make recipe healthy to eat, still taste and smell the same old grandma style. Hopefully, viewers like cooking and eating it and get the best balance of taste and nutrition. We look forward for your comments and suggestion. For latest and regular updates, enroll us on our [newsletter](#). For live demo on cooking, please refer our cooking channel on [Social Media](#).

Instagram ID: [Healthy.Indian.Bites](#)

Youtube and Facebook: [HealthyIndianBites](#)

What is wrong with Indian Diet??

Some very traditional Indian Recipe that we eat on daily basis, become unhealthy just due to some common errors, we do cook our yummy vegetable curry. Tried to summarize few mistakes in HealthyIndianBites food blog, taking reference of Methi aloo food recipe.

1. Over cooking or over roasting of food recipe burns nutritional value of food.
2. Dipping potatoes in lot of oil can add extra calorie and make [highly nutritious potatoes](#) unhealthy and biggest weight gain culprit.
3. No good idea to overcook or fry fenugreek on high heat or sauté in extra oil as this may burn [fenugreek nutrition](#) value and top of it add [harmful carcinogens](#) that can cause disease like cancer.
4. Cooking food over spicy adding [red chili powder](#) or [garam masala](#) dipped in oils can cause [inflammation](#) and [bloating](#) in body. So even though we intake homemade clean food that tastes yummy. But still, it fails to be healthy vegetarian diet.

Best Indian Fenugreek Recipe



Cooking Ingredients:

- 250 gm chopped and blanched Fenugreek.
- 3-4 potato diced and half boiled with peel.
- 1 teaspoon salt.
- 1 teaspoon whole black pepper crushed.
- 1 teaspoon carrom seeds.
- 1 teaspoon turmeric powder.
- 1/2 teaspoon poppy seeds.
- pinch of asafetida.
- 1 teaspoon mustard seeds.
- 1 teaspoon white sesame seeds.
- 1 teaspoon Fenugreek seeds.
- 1 teaspoon coriander powder.
- 2-3 green chilli.
- 1 whole garlic finely chopped.
- 2 teaspoons mustard oil.

Fenugreek Curry Cooking Method:



1. Add mustard oil in a cup. Dip turmeric powder, carrom seeds, mustard seeds, poppy seeds, salt, fenugreek seeds, sesame seeds and asafetida (Hing powder) to it. Mix well.
2. Add mix to half boiled potatoes. Mix it thoroughly.
3. Add finely chopped green chilli and garlic to mix.
4. Let mix rest for 10 minutes. By doing this, starch in Potatoes will suck oil and spices with coating on it.
5. Add a batch of potatoes to a pan and cook on low flame for 2-3 minutes.
6. Apply lid and let potatoes cook on low flame till it gets soft and tender.
7. Sprinkle 1-2 spoons water, 2-3 times gradually.
8. After that mix, chopped and blanched fenugreek with potatoes.
9. Add coriander powder and black pepper to recipe.
10. Roast for 2-3 minutes on medium flame.
11. Serve hot to 2-3 people with Roti or chapati.

Indian food cooking Tips

- Fenugreek is quite tender and soft. And to retain its [nutritional value](#) it is best practice to not overcook or roast too much.
- Clean and [blanch](#) Fenugreek thoroughly.
- Make best use of [mustard oil](#). Cut down extra oils from recipe.
- Indian spices have hell lot of [health benefits](#). But dipping in oils make it worst. Right proportion of it can raise [metabolism](#) and promote weight loss along with other health benefits.

Buy Mustard oil online today??

Kachhi Ghani Mustard oil is used cooking many Indian dishes. It is quite healthy and easily available in Indian grocery store. It can cost around RS 150-160 /- per litre in year 2024.

Various well known Indian brands sell it. To name few:

- [Patanjali Kachhi Ghani mustard oil](#)
- [Fortune mustard oil](#)
- [Gulab mustard oil](#)
- [Dalda Kachhi Ghani Mustard oil](#)

Now a days number of well-known online shopping portal like [Amazon](#), [Bigbasket](#), [Jiomart](#), [Dmart](#) etc. available that sell above well-known brands available easily.