Recipe for Alu Tikki

Alu tikki are spicy potato cutlets and make a tasty light meal served with a yoghurt dip.

Ingredients

2 large potatoes

I medium sized red onion

1 large bunch of  fresh coriander

3 dessert spoons of gram flour

3 heaped spoonfuls of chaat masala (if you can't source this, you can add other spices eg coriander and cumin)

1 teaspoon of chilli powder

oil for cooking

Method

1  Peel and chop the potatoes into large pieces

2  Boil the potatoes until fork tender but not mushy

3  Leave to cool, ideally, put in the fridge for 15 minutes.

4  Meanwhile, finely chop the coriander and red onion

5 Mash the potato and add all the other ingredients apart from the oil

6 Shape the mixture to round patties

7  Shallow fry on a medium-high heat until golden on both sides.

8  You can serve with a mint yoghurt dip

9  Variations - add peas  / grated ginger / grated garlic to the mix before frying