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## Vegan Potato Curry ♦♦

A delicious and hearty vegan curry made with potatoes and aromatic spices. This curry is perfect for a comforting meal and is packed with flavor. It can be enjoyed on its own or served with rice or bread.

**Recipe Type:** Vegan

**Prep Time:** 15 mins

**Cook Time:** 30 mins

**Total Time:** 45 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

500 g	potatoes
150 g	onion
3 cloves	garlic
2 tsp	Ginger
200 g	Tomato

<b>400 ml</b>	coconut milk
<b>2 tsp</b>	Curry powder
<b>1 tsp</b>	Turmeric
<b>1 tsp</b>	Cumin
<b>1 tsp</b>	Coriander
<b>1 tsp</b>	Salt
<b>0.5 tsp</b>	Pepper
<b>2 tbsp</b>	vegetable oil
<b>10 g</b>	fresh cilantro

## Directions

### Step 1

Cut

Peel and chop the potatoes into bite-sized pieces.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

### Step 2

Cut

Finely chop the onion, garlic, and ginger.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 3

Sautéing

Heat vegetable oil in a large pan over medium heat. Add the chopped onion, garlic, and ginger. Cook until the onion is soft and translucent.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 4

Stirring

Add the curry powder, turmeric, cumin, coriander, salt, and pepper to the pan. Stir well to combine the spices with the onion mixture.

**Prep Time:** 2 mins

**Cook Time:** 2 mins

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### Step 5

Cooking

Add the chopped tomatoes to the pan. Cook for 2-3 minutes until the tomatoes start to soften.

**Prep Time:** 2 mins

**Cook Time:** 3 mins

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## Step 6

### Stirring

Add the chopped potatoes and coconut milk to the pan. Stir well to combine all the ingredients.

**Prep Time:** 2 mins

**Cook Time:** 10 mins

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## Step 7

### Simmering

Cover the pan and let the curry simmer for 15-20 minutes until the potatoes are cooked through.

**Prep Time:** 0 mins

**Cook Time:** 20 mins

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## Step 8

### Plating

Garnish with fresh cilantro and serve hot with rice or bread.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 200 kcal

**Fat:** 10 g

**Protein:** 5 g

**Carbohydrates:** 25 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	5 g	13.16%	20%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	15 mg	0.44%	0.58%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Seasonality

Spring Summer Fall

### Events

Christmas Picnic

### Cuisines

Indian Mediterranean Middle Eastern

### Nutritional Content

Low Calorie Low Fat Low Carb High Fiber Low Sodium Sugar-Free  
High Vitamin C High Iron High Calcium

### Kitchen Tools

Blender

### Course

Appetizers Side Dishes

### Meal Type

Lunch Dinner Snack Supper

### Difficulty Level

Medium

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