**Poori Bhaji**

Prep time: 15 min Cook time: 20 min

**Ingredients:**

**For Bhaji (Potato Curry):**

* 4 medium potatoes (boiled & chopped)
* 1 cup onion (thinly sliced)
* ½ tsp mustard seeds
* ½ tsp jeera (cumin) seeds
* 1/3 cup water
* ½ tsp haldi (turmeric) powder
* 2 tbsp coriander leaves (chopped)
* ½ tsp ginger (finely chopped)
* 10-12 curry leaves
* 2 tbsp oil (extra light olive oil or sunflower oil)
* Low sodium salt (to taste)

**For Poori (Fried Indian Bread):**

* 2 cups whole wheat flour (atta)
* ½ tsp low sodium salt
* 1 tsp oil
* ½ cup water (or as needed to knead dough)
* Oil for deep frying

**Instructions:**

**Prepare the Bhaji (Potato Curry)**

1. Boil potatoes until fork-tender, peel and chop while warm.
2. Heat 2 tbsp oil in a pan. Add mustard seeds and jeera seeds, let them crackle.
3. Add chopped onions and sauté until soft and translucent.
4. Add ginger and curry leaves, sauté for a few seconds.
5. Add haldi powder, stir, then add chopped potatoes and coriander leaves.
6. Mix well, then pour 1/3 cup water and salt to taste.
7. Cover and simmer for 5-6 minutes on low heat.
8. Garnish with fresh coriander and serve hot.

**Prepare the Poori (Fried Bread)**

1. In a bowl, mix whole wheat flour, salt, and 1 tsp oil.
2. Add water gradually and knead into a firm, smooth dough (not too soft).
3. Cover and let rest for 15-20 minutes.
4. Divide the dough into small lemon-sized balls.
5. Roll each ball into a small, round disc (about 5 inches diameter).
6. Heat oil in a deep pan for frying. Test by dropping a small piece of dough—if it rises immediately, the oil is ready.
7. Fry each poori one at a time, pressing gently with a slotted spoon to help it puff up.
8. Flip and fry until golden brown on both sides.
9. Remove and drain excess oil on paper towels.
10. Serve hot with curd.