

Nepal

Aaloo Sadheko *(Potato Salad)*

This potato salad is often eaten for lunch in Nepal alongside smaller meals, such as momos (dumplings), bara (lentil flour pancakes), or fried noodles.

Breakfast and dinner is reserved for dal bhat, which consists of a mountain of rice accompanied by dhal, spinach, pickled vegetables and curry.

For Australian volunteer Nari, dal bhat was perfect for carb-loading before a day of hiking or trail running, giving her plenty of energy to tackle Nepal's mountains.

Ingredients

500g potatoes, boiled and cut into cubes
1 medium onion, chopped into thick slices
2 sprigs coriander, chopped
2 garlic cloves, minced
1 tsp chilli powder
1 tsp black pepper
1 tsp turmeric
1 tsp cumin
2 tsp chuk amilo (lemon concentrate)
or 2 tbsp lemon juice
Salt to taste
3 tbsp mustard oil
1 tsp fenugreek (methi) seeds

Method

Heat mustard oil in pan. Add the fenugreek seeds and fry for two to three minutes.
Mix all remaining ingredients, except for fenugreek seeds and oil, in a bowl.
Add fenugreek and oil and combine until the potatoes are coated well in the oil and spices.
Serve.

