



## ALOO CHAAT

Aloo Chaat is an Indian dish of spiced potatoes; traditionally sold by street vendors across Northern India and Pakistan.

Although usually deep fried, this is a healthier alternative. It can be served as a snack, a side dish or a light meal and is a great way to use up leftover potatoes.



**Skills Check:** Follow a recipe; follow food safety & hygiene rules; tidy away; use measuring spoons; cut using bridge/claw knife technique safely; snipping herbs; use a citrus squeezer; season (to taste).

**Equipment:** Knife, chopping board, bowl, wooden spoon, measuring spoons, scissors, citrus squeezer.

**Allergens\*:** None

### Ingredients (serves 2):

- 8 pre-boiled baby new potatoes
- 1/2 small red onion
- 1/2 small tomato
- 1 tsp lemon juice
- 1/2 tsp chaat masala or masala powder
- 1/2 tbsp chopped coriander leaves
- Pepper, to taste

### Method

1. Peel the onion and cut into small pieces.
2. Cut the tomato into small pieces.
3. Cut each cooked potato in half.
4. Combine the onion, tomato and potatoes in a bowl and combine well.
5. Add the lemon juice, masala and coriander and mix well.
6. Try a little and season to taste with pepper.

*\* Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use*



## ALOO CHAAT Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

### So, thinking about Aloo Chaat...

**Potatoes** are very nutritious and low in calories. If eaten with the skin on they are high in complex carbohydrates (giving us energy to run around!) and fibre. They are also a good source of vitamin C and B6, as well as a range of minerals.

**Vegetables** are so good for us! Low in fat, sugar and calories and high in vitamins and minerals.



### Energy, sugar, fat and salt per serving

Per 222g serving

<b>ENERGY</b>	545kJ / 129kcal	6%
<b>FAT</b>	0.0g	<1%
<b>SATURATES</b>	0.0g	<1%
<b>SUGARS</b>	4.0g	4%
<b>SALT</b>	TRACE	<1%

% of an adult's reference intake  
Typical values per 100g : Energy 246kJ / 58kcal

### Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

**% Reference Intakes** are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.