

STARTER & SNACK

Sri Lankan Potato Curry II

14 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
30 min	10 min	15 min	5	\$0.86	203 kcal



Sri Lankan Potato Curry II is a gluten free, dairy free, lacto ovo vegetarian, and whole 30 recipe with 5 servings. This hor d'oeuvre has 203 calories, 3g of protein, and 17g of fat per serving. For 86 cents per serving, this recipe covers 10% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ ½ teaspoon cayenne pepper
- ☐ 4 fresh curry leaves
- ☐ 3 green chile peppers, chopped
- ☐ ¾ teaspoon saffron powder
- ☐ ½ cup water
- ☐ 1 cup coconut cream
- ☐ 1 clove garlic, minced
- ☐ ½ pound potatoes, peeled and cut into 1 1/2-inch cubes
- ☐ 1 teaspoon salt

EQUIPMENT Frying pan, Sauce pan, Knife

Method

- 1 Combine the potatoes, salt, coconut cream, green chiles, curry leaves, cayenne pepper, saffron powder, garlic, and water in a saucepan. Cook over medium heat, stirring frequently, until the coconut cream thickens, about 15 to 20 minutes.
- 2 Test the potatoes for doneness by piercing them with the tip of a paring knife. When the potatoes are tender, remove the pan from the heat.
- 3 Let stand for 5 minutes before serving.
- 4 Serve with plain rice.

Nutrition per serving

203	3 g	17 g	13 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			14.8 g · 92% of daily needs
Fibre			3 g · 12% of daily needs
Sugar			1.3 g · 1% of daily needs
Sodium			561 mg · 24% of daily needs
Cholesterol			0 mg · 0% of daily needs
Vitamin C			29.9 mg · 36% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/sri-lankan-potato-curry-ii-142547