

Spicy Garlic Tomato Potato Mash

This Spicy Garlic Tomato Potato Mash is a delightful Indian side dish that combines the earthy flavors of potatoes with the heat of spices and the freshness of tomatoes. Perfectly seasoned with garlic and ginger, it's a comforting addition to any meal.



Side Dish

Indian

25 min

Total time

Medium

Difficulty

250

kcal / serving

Nutrition per serving (estimated)

Protein 5 g

Carbs 39 g

Fat 9 g

Fiber 6 g · Sugar 5 g · Sodium 550 mg

Ingredients

- 1 medium potato
- 1 small onion, finely chopped
- 1 clove garlic, minced
- 1 teaspoon ginger, grated
- 1 medium tomato, chopped
- 1 tablespoon oil
- 1/2 teaspoon cumin seeds
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon red chili powder
- Salt to taste
- Fresh coriander for garnish

Substitutions

Fresh coriander – Use an equal amount of chopped fresh parsley for a similar fresh finish.

Red chili powder – Use an equal amount of cayenne pepper for a similar level of heat.

Oil – Use the same amount of neutral cooking oil, such as canola oil.

Drink pairing

A crisp, dry rosé

Its refreshing acidity pairs well with the tomato and offers a cooling contrast to the chili and garlic.

0% option: Sparkling water with a squeeze of lemon

Steps

- 1 Boil the potato in salted water until tender, then peel and mash it.
- 2 In a pan, heat the oil over medium heat and add cumin seeds. Let them sizzle.
- 3 Add the chopped onion, garlic, and ginger to the pan, sautéing until the onion turns translucent.
- 4 Stir in the chopped tomato, turmeric, red chili powder, and salt. Cook until the tomatoes soften.
- 5 Add the mashed potato to the pan and mix well, cooking for 2-3 minutes to combine flavors.
- 6 Garnish with fresh coriander and serve warm.

Chef's tips

- A few small potato pieces give the mash a pleasantly rustic texture; mash more thoroughly for a smoother result.
- The finished mixture should look cohesive and moist, not watery; excess liquid from especially juicy tomatoes can make it loose.
- Have the ingredients chopped and measured before cooking; the quick pan portion leaves little time to prepare them once started.

Storage

Refrigerate leftovers within 2 hours in a covered container and use within 3-4 days. Reheat until steaming hot, adding a little water if the mash has thickened.

Frequently asked questions

How can I tell when the potato is tender enough to mash?

A fork should slide into the center easily, and the potato should break apart without resistance.

Can I make this ahead?

Yes. Prepare it earlier and refrigerate promptly; reheat until steaming hot before serving.

What goes well with this mash?

Serve it alongside lentils, grilled vegetables, or a simple curry for a satisfying meal.