NEPALI · LUNCH · DINNER

Nepali Alu Bodi Tama

40 min · Serves 4 · 247 kcal a serve · Video 3:33 · Chef Suni

Vegan · Gluten-free ingredients · No nuts listed

Black-eyed peas give each serve about 9 g of fibre and 10 g of protein and make it rich in folate and iron, while the sour bamboo shoot adds flavour without cream. Only 2 tbsp of oil for four serves.

Diet notes: Low saturated fat (0.7 g, 3% of the energy); DASH-friendly (400 mg sodium a serve).

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Ingredients 15 · SERVES 4

- [ ] 2 tbsp **oil**
- [ ] 70 g **sour bamboo shoot** (tama)
- [ ] ½ tsp **fenugreek seeds**
- [ ] 1 small **onion**, sliced
- [ ] 1 medium **potato**, cubed
- [ ] 170 g **dried black-eyed peas** (bodi), soaked overnight
- [ ] 1 tsp **turmeric powder**
- [ ] **salt** to taste
- [ ] 1 tbsp **cumin and coriander powder**
- [ ] 1 tsp **garam masala**
- [ ] 1 tsp **red chilli powder**
- [ ] 1 tbsp **crushed garlic**
- [ ] 1 medium **tomato**, chopped (optional)
- [ ] 470 ml **water**
- [ ] chopped **coriander** (cilantro), to finish

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oil in a pressure cooker and fry the sour bamboo shoot for a few minutes. Lift it out onto a plate and set aside. 0:21
2. In the same oil, add the fenugreek seeds, then the sliced onion and cubed potato, and sauté for a couple of minutes. 0:52
3. Add the soaked black-eyed peas with the turmeric, salt, cumin-coriander powder, garam masala, chilli powder and crushed garlic and stir to coat. Add the tomato and stir. 1:15
4. Pour in 470 ml of water, close the lid and pressure cook until the peas and potato are soft. 2:14
5. Release the pressure, stir in the fried bamboo shoot and the chopped coriander, and serve. 2:38

> **Tip** Serves 4 (our estimate). Tama (fermented bamboo shoot) is sold in jars at Nepali and Indian grocers. Soak the peas overnight; the time shown does not include soaking. Serve with rice as part of dal bhat.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
247 kcal	10 g	36 g
1,030 kJ	20% of a day	27 g net · 6.1 g sugars
		13% of a day

FIBRE	FAT	SODIUM
9.3 g	8 g	400 mg
33% of a day	0.7 g saturated	18% of a day
	10% of a day	

Energy from net carbs 49% · protein 18% · fat 33%

High in (20%+ of a day) Folate 59% · Omega-3 45% · Iron 29% · Vitamin B6 21% · Magnesium 20%

Source of (10–19%) Vitamin K 19% · Zinc 17% · Potassium 15% · Vitamin E 15% · Vitamin C 14%

Recipe and video: Chef Suni (@ChefSuni) on YouTube — youtube.com/watch?v=UO0VhS2vdKE, published 11 October 2019. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/nepali-alu-bodi-tama