

**What are
traditional
Indian foods?**



Masala Dosa



Masala dosa is a popular south Indian cuisine. Rice is the major ingredient of this cuisine. Masala dosa is expected to have its origin in coastal Karnataka. The preparation of masala dosa is relatively simple when compared to other Indian foods. Potatoes and onions are the most common side dishes used for masala dosa. The amount of saturated fats in masala dosa is very less making it a healthy breakfast option.

Biryani



Indian biriyani is available in a wide variety of styles. Hyderabadi dum biriyani is the most popular Indian biriyani around the world. Biryani is basically a Persian dish and it was introduced to the Indian subcontinent by the Mughals. Marinated chicken along with rice and spices are the common ingredients of biriyani. Biryanis are rich in calories, carbohydrates, proteins etc.

Idli and Vada



Idli and vada along with sambar are one of the most nutritional Indian dishes. The origin of idli and vada dates back to the tenth century. Idlis are baked in steam and it has very low calories. Idlis are very easy to digest as they are rich in fibres. Sambar is made from different vegetables making them a rich source of protein and vegetables.

Palak Paneer



Palak paneer is the most common paneer recipe available at Indian restaurants. It is a super healthy north Indian dish. Spinach and paneer along with spices are the most common ingredients of this dish. Paneer is rich in proteins and calcium while spinach is a rich source of vitamins and omega 3 fatty acids. Regular intake of palak paneer.



Thank You

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