

Quick Mumbai Potatoes By Manju Malhi

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DIETARY:
Vegetarian, Vegan

MAKING THIS RECIPE

Ingredients

Sunflower oil (6 tbsps)
Brown Mustard Seeds (Half of a teaspoon)
Turmeric (1 teaspoon)
Salt (to taste)
Potatoes, peeled, boiled and quartered (800g)
Chilli Flakes (Half of a teaspoon)

Method

Heat the oil in a pan on a medium heat setting. To check that the oil is hot enough, sprinkle in a few mustard seeds, if they pop the oil is ready. Then add the remainder of the mustard seeds. Add the turmeric powder to the sizzling seeds, and salt to taste. Fry this pungent mixture of oil and spices for about 30 seconds then add the potatoes. Fry for about 4 minutes until the potatoes are smothered in seeds and appear to have crispy edges. They will look quite yellow in colour. Cover the pan and on a low heat, cook the potatoes for a few minutes more, if necessary. Tip in the chilli powder or chilli flakes and mix well. Cook for another minute. Serve immediately with wholemeal pitta breads or a crisp green salad.

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INDONESIAN

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MEXICAN, WORLDWIDE

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MIDDLE EASTERN, MIDDLE EAST

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