

Potato Dumplings with Tamarind Chutney (Samosas)

Yield: 8 min
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-recipe-using-nigella-seeds>

Ingredients:

- 5 ounces jaggery or brown sugar, broken into small chunks
- 4 tablespoons tamarind concentrate
- 1 teaspoon ground cumin
- 1/2 teaspoon black salt optional
- 1/2 teaspoon garam masala
- 1/2 teaspoon paprika hot
- 3 cups flour
- 6 tablespoons canola oil plus more for frying
- 1/2 teaspoon seeds ajwain, optional
- 1/2 teaspoon kosher salt plus more to taste
- 1/2 teaspoon nigella seeds black onion seeds; optional
- 2 teaspoons coriander seeds crushed
- 1 teaspoon cumin seeds crushed
- 1 teaspoon garam masala
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon paprika
- 1 1/2 pounds russet potatoes peeled, cut into 1" cubes, and boiled until tender
- 1/2 cup frozen peas
- 3 thai chiles green, stemmed, seeded, and minced
- 3 cloves garlic minced
- 1 onion medium, minced
- 1 1/2 teaspoons fresh lemon juice
- freshly ground black pepper to taste

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 74 grams

3. Fat: 11 grams
 4. Fiber: 4 grams
 5. Protein: 7 grams
 6. SaturatedFat: 1 grams
 7. Sodium: 310 milligrams
 8. Sugar: 20 grams
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