

New potato tortilla with halloumi and tomato kasundi

Yield: 4 min
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-kasundi-recipe>

Ingredients:

- 2 tablespoons coconut oil
- 1 tablespoon black mustard seeds
- 1 teaspoon ground turmeric
- 1 piece ginger peeled and grated
- 1 green chilli finely chopped
- 2 cloves garlic finely chopped
- 1 teaspoon cumin seeds
- 2 11/16 cups chopped tomatoes tin of
- 5 1/2 tablespoons coconut sugar or light brown
- 1/2 teaspoon flaky sea salt
- 2 tablespoons cider vinegar
- 1 tablespoon coconut oil
- 2 red onions finely sliced
- 1 3/4 pounds new potatoes sliced 0.5cm thick
- 1 teaspoon fennel seeds roughly bashed
- 3 sprigs coriander
- 1 pinch chilli flakes dried
- 1 lime unwaxed, plus an extra lime cut into wedges
- 3 1/3 cups spinach
- 6 eggs organic
- 9/16 pound halloumi sliced into 1cm-thick pieces
- salad leaves to serve, optional

Nutrition:

1. Calories: 680 calories
2. Carbohydrate: 63 grams
3. Cholesterol: 390 milligrams

4. Fat: 35 grams
 5. Fiber: 8 grams
 6. Protein: 33 grams
 7. SaturatedFat: 22 grams
 8. Sodium: 960 milligrams
 9. Sugar: 23 grams
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