

Aloo Tikki Egg Bennys (Indian Potato Cakes Benedict)

Yield: 4 min
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/spicy-indian-potato-cakes-recipe>

Ingredients:

- 1 1/2 pounds russet potatoes peeled and cut into 1-inch cubes
- kosher salt
- 1 piece fresh ginger peeled and grated
- 2 serrano chiles small, seeded and minced
- 1 handful cilantro leaves fresh, and soft stems, roughly chopped, about 1/4 cup, plus more for garnish
- 2 teaspoons ground cumin
- 1/2 teaspoon ground turmeric
- 2 limes small
- 1 lime about 2 tablespoons
- 1/4 cup cornstarch
- ground black pepper Freshly
- 1 cup cornmeal for coating
- sunflower oil for frying
- 4 large eggs
- 60 chutney Date-Tamarind, page 59, or store-bought tamarind chutney, for serving

Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 72 grams
3. Cholesterol: 210 milligrams
4. Fat: 12 grams
5. Fiber: 7 grams
6. Protein: 14 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 280 milligrams
9. Sugar: 5 grams

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