

Potatoes With Crushed Nigella Seeds

Also Known As

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| Course | Yield | Type of Food | Main Ingredient |
| Side Dish | 4 servings | Vegetable | Potato |

Comments

The dish is simplicity itself to make and may be eaten with American foods as well as Indian.

Prep Time 30 minutes

Cooking Time 15 minutes

Ethnic Origin Indian

Pre-Heat? Yes **Temperature** **Grease Pan?** Yes

| Measure | Ingredient | Measure | Ingredient |
|----------|------------------------------------|---------|------------|
| 5 | medium potatoes | | |
| 4 Tbs. | vegetable oil | | |
| .75 tsp. | salt | | |
| 1.5 tsp. | crushed nigella seeds | | |
| 2 Tbs. | finely chopped cilantro or parsley | | |

Instructions

Boil unpeeled potatoes and allow to cool completely. (Refrigerated day old boiled potatoes work very well for this dish.)

Peel potatoes and cut into 3/4 inch dice.

Heat oil in a frying pan over medium flame. When hot put in potatoes and stir around for a minute.

Sprinkle in salt and mix gently.

Cover and cook over medium-low flame for about 5 minutes, stirring occasionally.

Now add crushed nigella seeds and mix gently.

Cook, uncovered, for another few minutes over a medium flame, stirring now and then and allowing them to brown slightly.

Sprinkle in fresh coriander.

Mix and serve hot.