



Crispy Curried New Potatoes

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



298 kcal

SIDE DISH

Ingredients

- 1 teaspoon curry powder
- 0.5 teaspoon kosher salt as needed plus more
- 1.5 pounds baby potatoes
- 4 servings yogurt plain for serving
- 1 medium shallots thinly sliced
- 0.3 cup vegetable oil

Equipment

- frying pan

- baking sheet
- paper towels
- sauce pan
- knife
- spatula
- measuring cup
- slotted spoon

Directions

- Place the potatoes in a large saucepan and cover them with water by 1 inch. Season generously with salt, cover with a tightfitting lid, and bring to a boil over high heat.
- Remove the lid and cook the potatoes until a sharp knife easily pierces them and they easily fall off the knife, about 10 to 15 minutes. Using a slotted spoon, transfer the potatoes to a baking sheet. Use the bottom of a measuring cup to smash each potato until it bursts and is flattened to about 1/2 inch thick; set the potatoes aside.
- Heat the oil in a large frying pan over medium-high heat until shimmering. Meanwhile, line a small plate with paper towels and set it aside.
- Add the shallots to the pan and fry, stirring often, until browned, about 3 to 5 minutes (be careful not to burn the shallots, as some pieces may brown faster than others).
- Remove with the slotted spoon to the prepared plate, season with salt, and set aside.
- Add the curry powder to the pan and stir until fragrant, about 20 seconds. Using your hands, carefully add the smashed potatoes to the pan. Use a metal spatula to flatten them into an even layer. Season with the measured salt and cook undisturbed until browned and crusty on the bottom, about 6 to 8 minutes. Flip, press into an even layer, and cook undisturbed until browned on the other side, about 4 minutes more.
- Sprinkle the fried shallots over the potatoes and toss to combine. Taste and season with additional salt as needed.
- Serve immediately, passing the yogurt on the side.

Nutrition Facts

  

 PROTEIN 4.84%  FAT 54.37%  CARBS 40.79%

Properties

Glycemic Index:34.44, Glycemic Load:22.02, Inflammation Score:-4, Nutrition Score:10.791739049408%

Flavonoids

Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 298.3kcal (14.92%), Fat: 18.43g (28.35%), Saturated Fat: 2.85g (17.8%), Carbohydrates: 31.1g (10.37%), Net Carbohydrates: 27g (9.82%), Sugar: 1.88g (2.09%), Cholesterol: 0.13mg (0.04%), Sodium: 302.36mg (13.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.69g (7.38%), Vitamin C: 34.07mg (41.3%), Vitamin K: 37.19µg (35.42%), Vitamin B6: 0.53mg (26.47%), Potassium: 746.31mg (21.32%), Fiber: 4.11g (16.43%), Manganese: 0.3mg (15.04%), Vitamin E: 1.62mg (10.77%), Magnesium: 41.83mg (10.46%), Phosphorus: 103.4mg (10.34%), Copper: 0.19mg (9.68%), Vitamin B1: 0.14mg (9.43%), Vitamin B3: 1.82mg (9.12%), Iron: 1.56mg (8.65%), Folate: 30.18µg (7.55%), Vitamin B5: 0.53mg (5.26%), Zinc: 0.55mg (3.63%), Vitamin B2: 0.06mg (3.44%), Calcium: 26.5mg (2.65%)