Potato Chops (Meat-Stuffed Indian Potato Pancakes)

Dairy Free

READY IN	SERVINGS	CALORIES
45 min.	2	1201 kcal

SIDE DISH

Ingredients

- [ ] 0.5 teaspoon pepper black freshly ground
- [ ] 1 cup breadcrumbs fine
- [ ] 0.5 tablespoon chili powder red
- [ ] 2 eggs beaten
- [ ] 1 tablespoon cilantro leaves fresh chopped
- [ ] 3 medium cloves garlic finely minced
- [ ] 0.5 pound ground beef

- [ ] 1 tablespoon ground cumin toasted
- [ ] 2 servings kosher salt
- [ ] 0.5 tablespoon malt vinegar
- [ ] 5 tablespoons cooking oil divided ()
- [ ] 0.5 cup onion finely chopped
- [ ] 1.5 pounds baking potatoes
- [ ] 1 teaspoon sugar
- [ ] 2 tablespoons tomato purée
- [ ] 1 teaspoon turmeric
- [ ] 0.3 cup water

## Equipment

- [ ] bowl
- [ ] frying pan
- [ ] paper towels
- [ ] sauce pan
- [ ] potato ricer

Directions

- [ ] Cover russte potatoes with cold water in a medium saucepan. Bring to a boil and cook until potatoes are completely tender, about 15 minutes.
- [ ] Drain, then press hot potatoes through a ricer, discarding skins. Season to taste with salt and set aside.
- [ ] While potatoes cook, combine ground meat and garlic paste in a small bowl. Set aside.
- [ ] Heat 1 1/2 tablespoon oil in medium saucepan over medium heat until shimmering.
- [ ] Add chopped onions and cook, stirring occasionally, until lightly softened, about 2 minutes.
- [ ] Add tomato puree and cook, stirring frequently, until reduced and oil breaks to the surface, about 3 minutes.
- [ ] Add cumin, turmeric, red chilli powder, and pepper. Cook, stirring constantly, until fragrant, about 1 minute.

- [ ] Add vinegar and stir to incorporate.

- [ ] Add sugar, salt, and meat. Cook, stirring constantly, until meat is coated in spice mixture and cooked through and oil breaks to the surface, about 7 minutes total.

- [ ] Add cilantro and water. Cover and cook for ten minutes.

- [ ] Remove cover and continue cooking until water is completely evaporated. Season to taste with more salt, then transfer to a bowl.

- [ ] Shape the mashed potatoes into rounds about 2 1/2 inches in diameter and 1/2-inch thick. Lift one round onto the palm of your hand and make a shallow indentation in the center.

- [ ] Add 1 tablespoon minced meat filling. Gently fold the sides of the mash over the mince filling until it is completely covered. Gently flatten into a disk. Repeat with remaining potatoes and filling.

- [ ] Dip each chop into the whisked egg and dredge in breadcrumbs, then transfer to a clean large plate.

- [ ] Heat remaining oil in a medium non-stick skillet over medium heat until shimmering. Slide the potato chops gently into the oil and fry on each side until lightly golden brown, about 1 minute on each side.

- [ ] Drain on paper towel-lined plate, season with salt, and serve.

Nutrition Facts

PROTEIN **13.68%** FAT **49.15%** CARBS **37.17%**
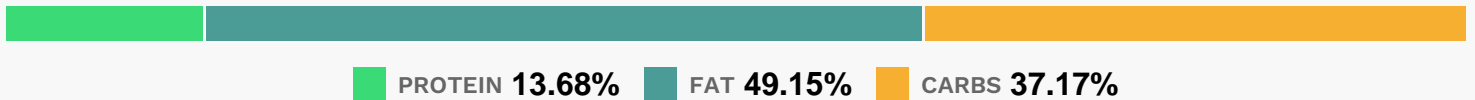
Properties

Glycemic Index:167.92, Glycemic Load:51.13, Inflammation Score:-10, Nutrition Score:45.42652150859%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 8.96mg, Quercetin: 8.96mg, Quercetin: 8.96mg, Quercetin: 8.96mg

Nutrients (% of daily need)

Calories: 1201.34kcal (60.07%), Fat: 66.17g (101.8%), Saturated Fat: 13.55g (84.7%), Carbohydrates: 112.61g (37.54%), Net Carbohydrates: 103.33g (37.57%), Sugar: 10.38g (11.53%), Cholesterol: 244.19mg (81.4%), Sodium: 791.37mg (34.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.43g (82.86%), Vitamin B6: 1.88mg (93.94%), Manganese: 1.49mg (74.38%), Selenium: 47.11µg (67.29%), Iron: 11.76mg (65.31%), Vitamin B3: 12.67mg (63.35%),

Potassium: 2163.77mg (61.82%), Vitamin B1: 0.92mg (61.66%), Phosphorus: 592.08mg (59.21%), Vitamin E: 8.36mg (55.73%), Zinc: 7.54mg (50.26%), Vitamin B12: 3.01µg (50.12%), Vitamin B2: 0.76mg (44.7%), Vitamin K: 41.44µg (39.47%), Magnesium: 151.97mg (37.99%), Fiber: 9.29g (37.14%), Copper: 0.73mg (36.42%), Folate: 144.98µg (36.24%), Vitamin C: 26.01mg (31.53%), Vitamin B5: 2.74mg (27.38%), Calcium: 248.3mg (24.83%), Vitamin A: 971.14IU (19.42%), Vitamin D: 0.99µg (6.62%)