

Spicy Potato Noodles (Bataka Sev)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



85 min.

SERVINGS



10

CALORIES



251 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3.5 cups bob's mill garbanzo bean flour
- ☐ 2 tablespoons ginger fresh peeled coarsely chopped
- ☐ 1 tablespoon garlic coarsely chopped
- ☐ 0.3 cup chile peppers fresh green chopped
- ☐ 1 teaspoon ground turmeric
- ☐ 2 tablespoons mustard oil
- ☐ 1 pound potatoes peeled
- ☐ 2.5 teaspoons salt

- ☐ 10 servings vegetable oil for deep frying
- ☐ 3 cups water

Equipment

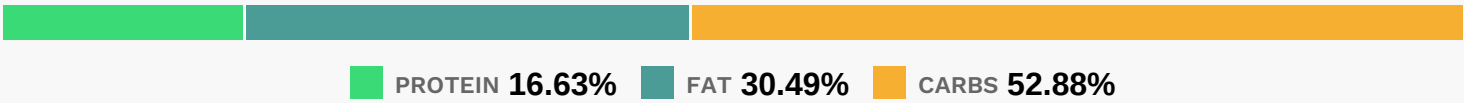
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ mortar and pestle
- ☐ slotted spoon
- ☐ skimmer
- ☐ potato ricer

Directions

- ☐ Combine the chiles, garlic, ginger, 1 teaspoon salt, 1/8 teaspoon turmeric, and 2 teaspoons vegetable oil in a food processor or mortar and pestle and process into a fine paste. (
- ☐ Add a tablespoon of water if you need more liquid.) Set aside.
- ☐ Place the potatoes in a saucepan with the water and bring to a boil over high heat. Reduce the heat to low, cover the pan, and cook the potatoes until they're soft and easily pierced with a fork, about 15 minutes. Reserve the cooking water.
- ☐ Mash the potatoes while they're still warm, using some of the cooking water to get a smooth consistency.
- ☐ Mix in 1 tablespoon green chile paste, chickpea flour, 2 1/2 teaspoons salt, 1 teaspoon turmeric, and mustard oil.
- ☐ Add enough reserved potato-cooking water as needed to make a soft dough. Taste the dough for heat level and seasoning (the dough will taste raw, but should be salty and spicy; the flavors will mellow slightly during cooking).
- ☐ Add more salt and chile paste if desired.
- ☐ Heat the cooking oil in a deep pan over medium-high heat. Use a potato ricer (or sev machine, if you have one) to press noodles into the oil. Fry until golden brown and crisp,

about two minutes. Use a skimmer or slotted spoon to transfer the noodles to a paper towel-lined bowl. Repeat until all noodles are fried. Store in an airtight container for up to two weeks.

Nutrition Facts



Properties

Glycemic Index:19.48, Glycemic Load:17.96, Inflammation Score:-9, Nutrition Score:12.571738984274%

Flavonoids

Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 251kcal (12.55%), Fat: 8.48g (13.05%), Saturated Fat: 1.06g (6.65%), Carbohydrates: 33.1g (11.03%), Net Carbohydrates: 27.36g (9.95%), Sugar: 5.07g (5.64%), Cholesterol: 0mg (0%), Sodium: 627.4mg (27.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.41g (20.82%), Folate: 191.05µg (47.76%), Manganese: 0.78mg (38.76%), Fiber: 5.74g (22.98%), Copper: 0.45mg (22.53%), Magnesium: 82.07mg (20.52%), Vitamin B6: 0.36mg (17.81%), Vitamin B1: 0.24mg (16.18%), Phosphorus: 161.65mg (16.17%), Potassium: 560.47mg (16.01%), Iron: 2.51mg (13.92%), Vitamin C: 9.76mg (11.83%), Vitamin K: 9.87µg (9.4%), Zinc: 1.34mg (8.95%), Vitamin B3: 1.24mg (6.22%), Selenium: 3.76µg (5.37%), Vitamin B5: 0.4mg (3.96%), Vitamin E: 0.59mg (3.95%), Vitamin B2: 0.06mg (3.58%), Calcium: 28.87mg (2.89%)