

Indian Spiced Popcorn



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Recipe courtesy of taste.com

Traffic light category: Green

Serves: 32

Ingredients

- 110g (1/2 cup) corn kernels (makes 8 cups of popped corn)
- 1 tablespoon cumin seeds
- 20mL polyunsaturated oil
- 2 teaspoons ground coriander
- 2 teaspoons garam masala
- 1/4 teaspoon chilli powder
- To serve: paper bags; ziplock bags; paper/plastic cups



Directions

1. Prepare popcorn as per instructions using a popcorn maker
2. Place cumin seeds in a frypan and heat gently for 1 minute, transfer to a large bowl, add popcorn
3. Heat oil in the same pan, stir in remaining spices, add spice mix to popcorn and stir to coat
4. Place 3/4 cup of popcorn in a brown paper bag, patty case or cone made from greaseproof paper.

Popcorn conversion

2 tablespoons corn kernels (1/8 cup)	= 2 cups popcorn
4 tablespoons corn kernels (1/4 cup)	= 4 cups popcorn
8 tablespoons corn kernels (1/2 cup)	= 8 cups popcorn

Note: for Mexican style popcorn swap the garam masala for 2 teaspoons Mexican chilli powder

