

Roast Carrots with Nigella Seeds

INGREDIENTS:

- 750g medium carrots, topped and tailed
- 2 tbsp light olive oil
- 1 tsp nigella seeds
- ½ tsp sea salt

Instructions:

1. In a bowl, mix the carrots with the oil, nigella seeds, salt and some freshly ground black pepper.
2. Spread in a single layer in a roasting tin, then roast at 350 for 35-45 minutes until tender.

Source: https://www.deliciousmagazine.co.uk/recipes/roast-carrots-with-nigella-seeds/?utm_source=Pinterest&utm_medium=organic

Nigella Seed Hair Mask

Ingredients:

- 1 TBS Nigella Seeds
- 2TBS Aloe Vera Gel
- 1 TBS your favorite hair oil (castor, olive, coconut...)
- 10 drops Rosemary essential oil (optional)

Instructions:

1. Blend the nigella seeds into a fine powder.
2. Strain the powder through a fine strainer for a smoother finish
3. Mix the powder with the aloe and the oils.
4. Set aside for 30 minutes to allow the powder to infuse into the oils.
5. Apply to the scalp, let sit for 15 minutes.
6. Rinse with cool water, use twice a week

Source: https://thelittleshine.com/black-seeds-hair-mask/?utm_source=Pinterest&utm_medium=organic

Nimki - Crispy Nigella Seed Snack

INGREDIENTS:

- 2 cups (250 grams) all-purpose flour plus extra for dusting
- 1/8 teaspoon baking powder
- 1 teaspoon Nigella seeds Kalonji
- 1 1/2 teaspoons salt
- 3 tablespoons melted unsalted butter or ghee
- 6 tablespoons cold water
- Vegetable oil for frying

Instructions:

1. Sift the flour with the baking powder into a bowl.
2. Add the nigella seeds, salt, and the melted butter or ghee and crumble into small lumps.
3. Add the water a little at a time to make a firm but pliable dough. Alternatively, you can make the dough in a food processor.
4. Cover the dough and set aside for 30 minutes.
5. Divide the dough into four pieces (this makes it more manageable).
6. Roll out to just under 1/4 inch (5 millimeters) thick. Using a knife, cut the dough into strips about 1 1/2 inch (4 centimeters) long and 1/2 inch (1 centimeter) wide. You could also cut them into similar-sized diamond shapes, but they should all be the same size and shape so they cook at the same rate.
7. Meanwhile, heat a 2 1/2 inch (6 centimeters) depth of oil in a karai or wok over high heat.
8. Reduce the heat to low and fry the Nimki in small batches until golden brown.
9. As the Nimki are done, remove them using a slotted spoon and spread out on a non-metallic plate to cool completely and become crisp, before transferring to an airtight container, where they should keep for up to 2 weeks.

Source: https://tarasmulticulturaltable.com/wprm_print/nimki-crispy-nigella-seed-snacks