



Vegetable pakoras



→ FAMILY FOOD PATCH

VEGETABLE PAKORAS



Makes 12
medium patties



Can be
frozen



Prep time: 10mins
+ 15mins cooking

What you need

- 1 cup carrot, washed and coarsely grated
- 1 cup zucchini, washed and coarsely grated
- 1 cup red or white cabbage, washed and coarsely grated
- 1 large handful of baby spinach, chopped/torn
- ½ tsp salt
- 1 cup chickpea flour – can use plain or GF instead
- ½ tsp baking powder
- 1 tsp turmeric
- 1 tsp garam masala
- ½ tsp ground cumin
- 2–4 tbsp olive oil for frying

Herb dip

- ½ cup Greek yoghurt
- 1 tbsp lemon juice
- 1 tbsp chopped mint
- Salt and pepper to taste

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How to make

1. Put the grated vegetables in a bowl with the salt.
2. Stir or mix with your hands for a minute or two until well combined. Then add the spinach and mix together.
3. Mix the chickpea flour, baking powder and spices together in a small bowl until combined then add to the veg mix.
4. Mix together well until you can form patties with your hands.
5. Heat oil in a frying pan over medium heat.
6. Add patties to the frying pan and cook for a couple of minutes on each side until crispy and golden.
7. Place on a rack or paper towel to cool.
8. Mix the yoghurt, lemon juice, mint and salt and pepper together in a small bowl and serve alongside the pakoras.

