





# **Product Spotlight:** Mango

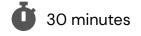
Mangoes were first grown in India over 5,000 years ago. In fact, the paisley pattern which was first developed there, is based on the shape of a mango.



# **Curried Pakoras**

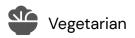
# with Zingy Mint Sauce

Home-made curried pakoras packed with veggies and served with a fresh and crunchy salad and a zingy mint dipping sauce.





4 servings



# Spice it up!

Add some chilli flakes to the pakora mix for extra heat. A sprinkling of seeds such as nigella, pepita or sunflower seeds would also work well in the salad!

PROTEIN TOTAL FAT CARBOHYDRATES

#### **FROM YOUR BOX**

MINT	1 packet
LIME	1
SKORDALIA	1 tub
BABY COS LETTUCE	2-pack
RED CAPSICUM	1
MANGO	1
CHICKPEA FLOUR	1 packet (200g)
SPRING ONIONS	1 bunch
CORN COBS	2

#### FROM YOUR PANTRY

oil for cooking, salt, pepper, ground coriander, curry powder, white wine vinegar

#### **KEY UTENSILS**

large frypan, stick mixer or small blender

#### **NOTES**

The flavour and heat levels of curry powder varies greatly between brands. To make sure it's not too spicy, taste before adding our suggested amount.

Use a timer when cooking the pakoras. Only turn them once after 4 minutes to make sure the mixture has set, otherwise they may fall apart in the pan.



#### 1. MAKE THE DIPPING SAUCE

Roughly chop mint leaves. Zest lime and juice 1/2 (wedge remaining). Use a stick mixer to blend with skordalia and 1 tsp vinegar. Season with salt and pepper.



#### 2. PREPARE THE SALAD

Separate and rinse lettuce leaves. Slice capsicum and mango.



#### 3. PREPARE THE PAKORA MIX

Combine chickpea flour mix, 2 tsp ground coriander and 1 tbsp curry powder (see notes) in a bowl. Whisk in 1 cup water and 2 tbsp oil until smooth.



### 4. ADD THE VEGETABLES

Thinly slice spring onions. Remove corn kernels from cobs. Add to pakora batter and stir to combine.



## **5. COOK THE PAKORAS**

Heat a frypan over medium-high heat and cover base with **oil**. Spoon 1/3 cupfuls of pakora mix into pan to form fritters. Cook (in batches) for 4 minutes each side until golden and cooked through (see notes). Remove to a paper towel.



#### 6. FINISH AND SERVE

Divide salad and pakoras among plates. Serve with mint dipping sauce and lime wedges.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the My Recipes tab in your Profile and leave a review! Text us on 0481 072 599 or send an email to hello@dinnertwist.com.au



