



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.

 30 minutes

 4 servings

 Vegetarian

27 January 2023

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!

Per serve: **PROTEIN** 17g **TOTAL FAT** 46g **CARBOHYDRATES** 56g

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**

