



Product Spotlight:
Carrot

Carrots are rich in beta-carotene, an essential nutrient that enables healthy growth in children. Beta-carotene plays a significant role in building immunity and also has anti-ageing properties.



Pakoras
with Mint Sauce and Mango

Indian-spiced Pakoras, packed full of broccoli, and served with a mint sauce and fresh mango salad.

Switch it up!

If you want to use your broccoli in another dish, you could use zucchini, spring onions, carrots, Brussels sprouts or many other vegetables to fill your pakoras.



30 minutes



2 servings



Plant-Based

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	22g	23g	101g

FROM YOUR BOX

CARROT	1
MANGO	1
LEBANESE CUCUMBER	1
ROCKET LEAVES	60g
MINT	1 packet
COCONUT YOGHURT	1 tub
BROCCOLI	1
PAKORA MIX	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, vinegar of choice

KEY UTENSILS

large frypan, stick mixer (or small blender)

NOTES

Toss salad with olive oil and vinegar if desired.

Blending the sauce is optional; if you don't want to use a stick mixer, chop the mint and stir it through the yoghurt with the other ingredients.

Pakora mix: chickpea flour, rice flour, nutritional yeast, ground cumin.



1. PREPARE THE SALAD

Ribbon **carrot**. Slice **mango** and **cucumber**. Toss in a bowl with the **rocket leaves** (see notes).



2. MAKE THE MINT SAUCE

Roughly chop **mint leaves**. Use a stick mixer to blend with **yoghurt, salt and pepper** to a smooth consistency (see notes). Stir in **2 tsp vinegar**.



3. MIX THE PAKORAS

Finely chop **broccoli** to yield 2 cups. Add to a large bowl along with **pakora mix** and **3/4 cup water**. Season with **salt and pepper**. Mix to combine well.



4. COOK THE PAKORAS

Heat a large frypan over medium-high heat and cover base with **oil**. Add 1/4 cupfuls of pakora mixture. Cook, in batches, for 3-4 minutes each side until crispy. Remove to plates to serve (makes 6).



5. FINISH AND SERVE

Divide salad among plates with pakoras. Serve with mint sauce to dip.



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