



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 Nectarine

Indian-spiced Pakoras, packed full of broccoli, and served with a mint sauce and fresh stone fruit 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



4 servings



Plant-Based

| | | | |
|------------|----------------|------------------|----------------------|
| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
| | 19g | 13g | 69g |

FROM YOUR BOX

| | |
|-----------------|--------------|
| CARROTS | 2 |
| NECTARINES | 3 |
| ALFALFA SPROUTS | 1 punnet |
| ROCKET LEAVES | 1 bag (120g) |
| 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 nectarines. Toss in a bowl with alfalfa and 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 **1 1/2 cups water**. Season with **salt and pepper**. Mix to combine well.



4. COOK THE PAKORAS

Heat a large frypan over medium-high heat with **oil**. Add 1/4 cupfuls of fritter mixture. Cook, in batches, for 3-4 minutes each side until crispy. Remove to plates to serve (makes 10).



5. FINISH AND SERVE

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



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