

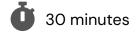


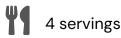


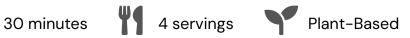
Pakoras

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.

TOTAL FAT CARBOHYDRATES

18g

78g

FROM YOUR BOX

CARROTS	2
MANGO	1
ALFALFA SPROUTS	1 punnet
ROCKET LEAVES	120g
MINT	1 packet
MINT COCONUT YOGHURT	1 packet
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COCONUT YOGHURT	1 tub

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 carrots. Slice mango. 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.





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