



### 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.



30 minutes



4 servings



Plant-Based

## 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.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	18g	13g	78g



## FROM YOUR BOX

CARROTS	2
MANGO	1
ALFALFA SPROUTS	1 punnet
ROCKET LEAVES	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 **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.



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