



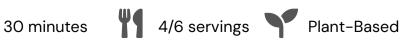


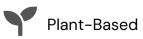
## **Pakoras**

## with Mint Sauce and Mango

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.

#### FROM YOUR BOX

	4 PERSON	6 PERSON
CARROTS	2	3
MANGO	1	2
ALFALFA SPROUTS	1 punnet	1 punnet
ROCKET LEAVES	120g	120g+60g
MINT	1 packet	1 packet
COCONUT YOGHURT	1 tub	2 tubs
BROCCOLI	1	2
PAKORA MIX	310g	310g + 165g

#### 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. 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.

6P - finely chop broccoli to yield 3 cups. Add to bowl along with pakora mix and 21/4 cups water.



## 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.

