



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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 stone fruit salad.



30 minutes



4/6 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
	12g	23g	59g

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 2 1/4 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.



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