



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.



4

Pakoras

with Mint Sauce and Mango

Indian-spiced Pakoras, packed full of broccoli, served with a mint sauce and fresh mango salad.



30 minutes



4 servings



Plant-Based

19 November 2021

Switch it up!

If you want to use your broccoli in another dish, you could use zucchini, spring onions, carrot, Brussels sprouts or many other vegetables to fill your pakoras.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	14g	12g	30g

FROM YOUR BOX

BROCCOLI	1
TURBAN CHOPSTICKS KIT	1 packet
MINT	1/2 bunch *
COCONUT YOGHURT	1/2 tub *
CARROTS	2
MANGO	1
ALFALFA SPROUTS	1 punnet
ROCKET LEAVES	1/2 bag (100g) *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt, pepper, vinegar of choice

KEY UTENSILS

large frypan, stick mixer (or small blender)

NOTES

Blending the sauce is optional. If you don't want to use a stick mixer, simply chop the mint and stir it through the other ingredients.

Toss salad with olive oil and vinegar if desired.



1. MIX THE PAKORAS

Finely chop broccoli (including tender stems). Add to a large bowl along with Turban Chopsticks kit and **water**. Season with **salt and pepper**. Mix to combine well.



2. MAKE MINT SAUCE

See notes. Roughly chop mint leaves. Use stick mixer to blend with yoghurt, **salt and pepper** to a smooth consistency. Stir in **2 tsp vinegar**.



3. COOK THE PAKORAS

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



4. PREPARE THE SALAD

Ribbon carrots and slice mango. Toss in a bowl with alfalfa sprouts and rocket leaves (see notes).



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**

