




### Product Spotlight: Mango

Mangoes were first grown in India over 5,000 years ago. In fact, the paisley pattern which was first developed there, is based on the shape of a mango.



## 2 Curried Pakoras with Mint Sauce

Golden, crispy pakora patties made with chickpea flour, broccoli and spring onions, served with a cool mint dressing and fresh mango salad.

 35 minutes

 4 servings

 Plant-Based

7 December 2020

### Spice it up!

*Add some chilli flakes to the dressing for extra heat. A sprinkling of seeds such as nigella, pepita or sunflower seeds also work well in the salad!*

Per serve: **PROTEIN** 16g **TOTAL FAT** 20g **CARBOHYDRATES** 44g

## FROM YOUR BOX

MINT	1/2 bunch *
COCONUT YOGHURT	1 tub (120g)
BABY COS LETTUCE	1 *
RADISHES	1/2 bunch *
MANGO	1
ALFALFA SPROUTS	1 punnet
CHICKPEA FLOUR MIX	1 packet (200g)
BROCCOLI	1
SPRING ONIONS	1/4 bunch *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, red wine vinegar, ground coriander, curry powder

## KEY UTENSILS

large frypan, stick mixer or blender

## NOTES

Use a timer when cooking the pakoras. Only turn them once after 4 minutes to make sure the mixture has set, otherwise they may fall apart in the pan.



### 1. MAKE THE DRESSING

Roughly chop mint leaves. Blend with yoghurt and **1 tsp vinegar** using a stick mixer or blender. Season with **salt and pepper**.



### 2. PREPARE THE SALAD

Separate and rinse lettuce leaves. Slice radishes and mango. Toss with alfalfa sprouts.



### 3. PREPARE THE PAKORA MIX

Combine chickpea flour mix, **2 tsp ground coriander** and **1 tbsp curry powder** in a bowl. Whisk in **1 cup water** and **2 tbsp oil** until smooth.



### 4. ADD THE VEGGIES

Chop broccoli into smaller pieces and slice spring onions. Stir through pakora batter until combined.



### 5. COOK THE PAKORAS

Heat a frypan over medium-high heat and cover base with **oil**. Spoon out 1/3 cupfuls of pakora mix into pan to form fritters. Cook (in batches) for 4 minutes each side until golden and cooked through (see notes). Remove to a paper towel.



### 6. FINISH AND PLATE

Divide salad and pakoras among plates. Serve with mint dressing.

**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**

