

# VEGETABLE PAKORAS



## QUICK

Not as quick  
as usual!  
Approx. 30  
mins

## HEALTHY

This is not as healthy as my  
usual recipes, as its fried in  
a lot of oil but you're eating  
lots of vegetables and  
they're very healthy

## FAMILY

You can use different  
veg to cater for  
different tastes in  
your family

## MEALS

Great as a  
side dish or  
snack

## INGREDIENTS

- 200g gram flour (flour made from chick peas)
- 300 ml cold water
- 1.5 tsp garam masala
- 1.5 tsp ground coriander
- 1 tbs curry powder
- 1 tsp salt
- Vegetables of choice equivalent to approx 2 heads of broccoli. e.g cauliflower, courgette, onion, pepper, broccoli etc....
- 200-250 ml oil

## METHOD

- 1) Turn the oven onto 100°C
- 2) In a wide, large bowl, whisk the gram flour, spices, salt and water
- 3) Put oil into a large frying pan and heat till hot
- 4) Cut the vegetables into bite sized pieces
- 5) After cutting 1/3, put them into the batter and coat with the batter
- 6) Check the oil is hot, then put the vegetables into the oil, using a slotted spoon, so the excess batter drips back into the bowl
- 7) Cook till golden brown, turning when done - approx. 6-7 mins – continue cutting the rest of the veg...
- 8) When cooked, remove veg and place in a colander to allow oil to drip away
- 9) Transfer to a tray and put in oven to keep warm
- 10) Repeat with other 2 batches of vegetables
- 11) Optional – make the yoghurt sauce by mixing the sauce ingredients – use lemon/garlic/mint or all, or just one or 2.... Whichever you like/have
- 12) Enjoy

### Lemon/Garlic/Mint Yoghurt Sauce

- 3 tbs natural yoghurt
- Juice of 1 lemon
- 1 garlic clove
- Chopped fresh mint



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to [www.quickhealthyfamilymeals.com](http://www.quickhealthyfamilymeals.com)