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VEGETABLE PAKORAS

A plate of pakora is always appetising, and they're a great way to use up any sad-looking veg you might have in the fridge. Originally created to use up leftover Christmas vegetables, this recipe can easily be adapted based on what you have. A firm favourite, all year round.

Time:

30 - 45 mins

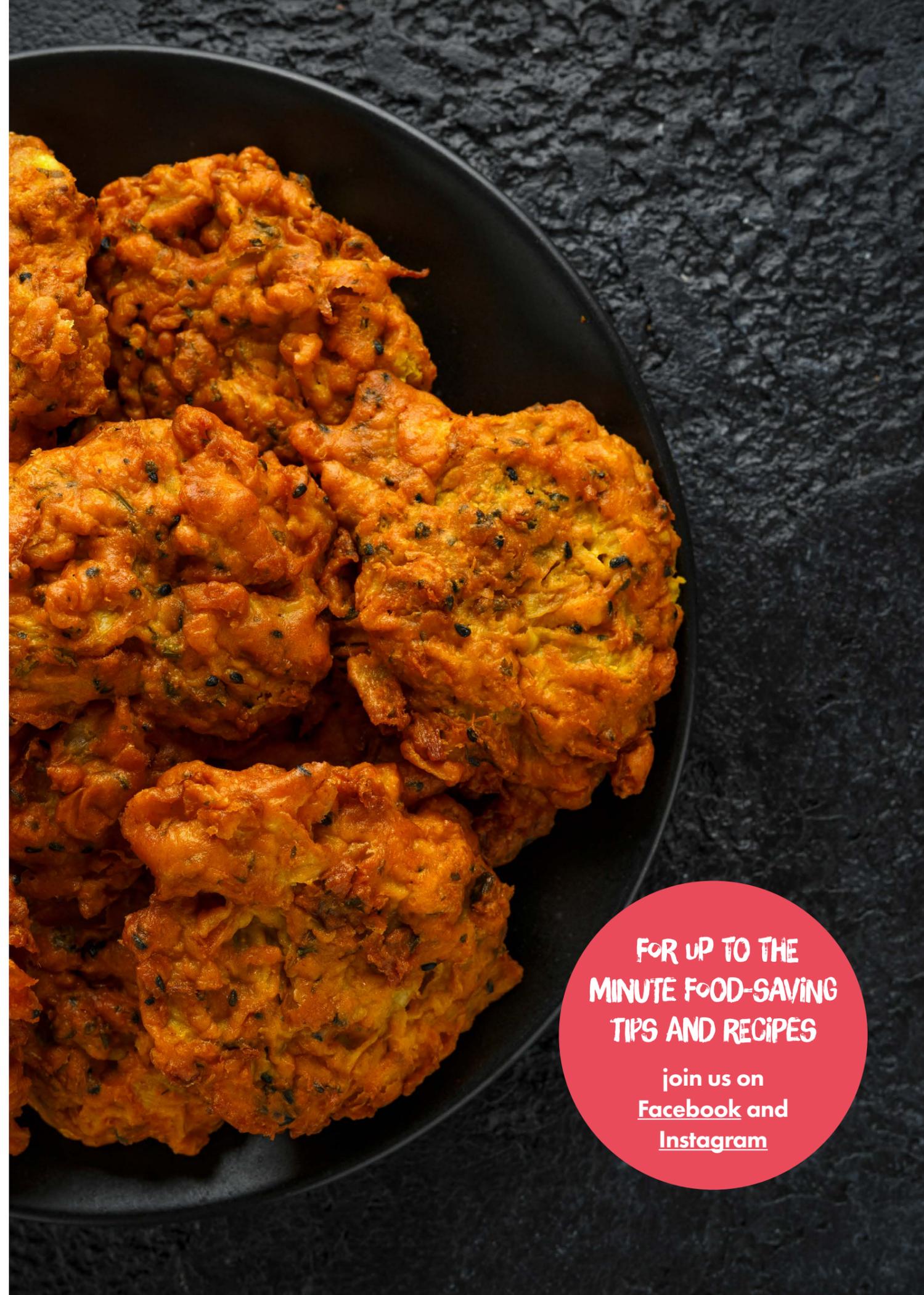
Ingredients:

300g chickpea flour (Gram flour)
1 cauliflower, broccoli or sprouts, grated
100g French beans, snap peas, chopped
1 courgette, grated
1 red onion, finely diced
½ packet baby spinach, shredded
½ bunch coriander leaves, shredded
1 green chilli, finely diced
1 tsp chilli powder
1 tsp ground cumin
½ tsp ground coriander
1 tsp tandoori masala powder
Salt and pepper
Oil for deep frying

Method:

1. Place all the prepared vegetables and herbs into a large bowl.
2. Add all the spices, salt and pepper.
3. Next add about 200ml of cold water to the bowl.
4. With your hand start mixing the water vegetables and spices.
5. Now gradually start adding the gram flour.
6. You want to achieve a consistency that is sticky and moist. It is not like a batter, it's much more like a paste. Add more chickpea flour if needed.
7. To cook the pakora you will need your oil to be about 165°C this is a much slower style of deep frying as you need to cook the vegetables and the gram flour.
8. To cook you will need a little bowl of water nearby, using your wet hands, take a golf ball amount of mix and flatten it out and carefully place into the hot oil.
9. Do this until all the mix has been through the oil.
10. You can pre-do this stage and warm the pakoras through a hot oven when you need them.
11. When ready to serve top with a little sliced red onion and a dusting of garam masala.

Recipe by [Gary Maclean](#)



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