

Fate Onion Bhaji

Ingredients

50g onion, thinly sliced

1-2 tablespoons fresh coriander, roughly chopped

2 teaspoons fresh chillies, finely chopped

3 teaspoons curry powder such as Madras or Rogan Josh

150g Fate Low Protein All-Purpose Mix, and extra to shape

1 teaspoon salt

Black pepper to season

120ml water

Oil for cooking

Method

1. Place the sliced onion, coriander, chillies and curry powder into a mixing bowl. Add the Fate All-Purpose Mix, and the salt and pepper. Stir well.
2. Pour in the water and mix well until blended together.
3. Using a little Fate All-Purpose Mix on your hands, take about a tablespoon of the mixture and form it into a rough ball. It does not have to be very smooth. Then if you are going to shallow fry them, just flatten slightly.
4. Place a few bhajis into hot deep oil, preferably with a wire basket, or shallow fry in a frying pan. Cook for a few minutes until golden brown and cooked through.
5. Drain well. Serve hot, or leave to cool, then store in the fridge to eat cold, or reheat.
6. They can also be frozen.



This recipe was provided by Fate low protein foods