

Fate Vegetable Pakoras

Ingredients

50g onion, finely chopped

75g carrot, grated

75g sweet potato, grated

1-2 tablespoons fresh chopped coriander

3 teaspoons Rogan Josh or Madras curry powder

1 teaspoon chopped fresh chillies (optional)

100g Fate Low Protein All-Purpose Mix

Salt and pepper to season

20ml water

Oil for cooking

Method

1. Place the onion, carrot and sweet potato into a mixing bowl. Add the coriander, curry powder and chillies. Season with salt and pepper. Stir well.
2. Stir in the Fate All-Purpose Mix, so that the vegetables are thoroughly coated. Add the water and use a large metal spoon to blend well. It will look like a stiff paste.
3. Take a large teaspoonful of the mixture and flatten it slightly. Do not smooth the mixture; it is best if they remain rough around the edges.
4. Either shallow fry in a little oil, or grill, brushed with a little oil, turning over once or twice to cook evenly until golden brown and cooked through.
5. Serve hot. Any remaining can be cooled and stored in the fridge for a couple of days.
6. They also freeze well. The Pakoras can be eaten cold, or reheated in the oven.



This recipe was provided by Fate low protein foods