

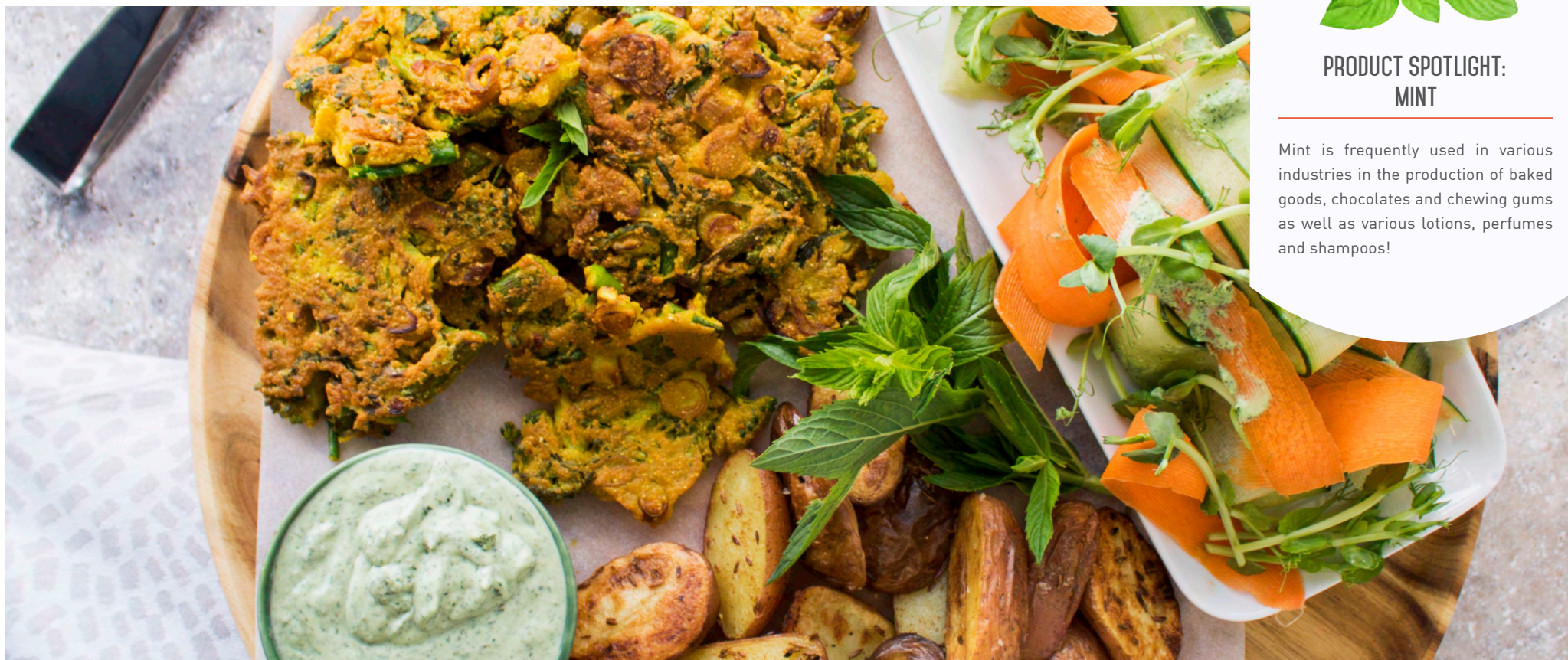


DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: MINT

Mint is frequently used in various industries in the production of baked goods, chocolates and chewing gums as well as various lotions, perfumes and shampoos!



1. CHICKPEA PAKORAS

WITH SPICED POTATOES & MINT DRESSING

 35 Minutes

 4 Servings

 Plant-based

All the flavours of an Indian summer! Golden veggie pakoras with cumin roast potatoes, ribboned salad and a cool mint yoghurt dressing.

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
22g	17g	56g

17 February 2020

FROM YOUR BOX

BABY POTATOES	800g
MINT	1/2 bunch *
COCONUT YOGHURT	1 tub (120g)
CONTINENTAL CUCUMBER	1
CARROTS	2
SNOW PEA SPROUTS	1/2 punnet *
CHICKPEA FLOUR MIX	1 packet (200g)
BROCCOLI	1
RED ONION	1/2 *

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking), salt, pepper, cumin seeds (or ground cumin), ground turmeric, red wine vinegar

KEY UTENSILS

oven tray, stick mixer or blender, frypan

NOTES

If you don't have cumin seeds you could use ground cumin instead!



1. ROAST THE POTATOES

Set oven to 220°C.
Halve potatoes and toss on a lined oven tray with **2 tsp cumin seeds, 1 tbsp oil, salt and pepper**. Roast in oven for 25 minutes until golden and cooked through.



4. PREPARE THE PAKORAS

Combine chickpea flour mix with **1 tsp turmeric** and **1 tsp salt** in a large bowl. Form a well in the centre, pour in **1 cup water** and **1 tbsp oil**. Whisk until smooth. Cut broccoli into small florets and slice onion, add to batter and mix well.



2. MAKE THE DRESSING

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



5. COOK THE PAKORAS

Heat frypan 1cm deep with **oil** over medium heat. Spoon out 1/3 cupfuls of pakora mix into pan to form fritters. Cook in batches for 4 minutes, turning once, until golden brown. Remove, drain on paper towel and repeat with remaining mixture.



3. PREPARE THE SALAD

Ribbon the cucumber and carrots using a vegetable peeler. Arrange on a platter with snow pea sprouts.



6. FINISH AND PLATE

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