



### Product Spotlight: Carrot

Carrots are rich in beta-carotene, an essential nutrient that enables healthy growth in children. Beta-carotene plays a significant role in building immunity and also has anti-ageing properties.



## Pakorras

### with Mint Sauce and Nectarine

Indian-spiced Pakoras, packed full of broccoli, and served with a mint sauce and fresh stone fruit salad.



30 minutes



2 servings



Plant-Based

## Switch it up!

*If you want to use your broccoli in another dish, you could use zucchini, spring onions, carrots, Brussels sprouts or many other vegetables to fill your pakoras.*

Per serve: **PROTEIN** 22g **TOTAL FAT** 24g **CARBOHYDRATES** 88g

## FROM YOUR BOX

CARROT	1
NECTARINES	2
LEBANESE CUCUMBER	1
ROCKET LEAVES	1 bag (60g)
MINT	1 packet
COCONUT YOGHURT	1 tub
BROCCOLI	1
PAKORA MIX	1 packet

## FROM YOUR PANTRY

oil for cooking, salt, pepper, vinegar of choice

## KEY UTENSILS

large frypan, stick mixer (or small blender)

## NOTES

Toss salad with olive oil and vinegar if desired.

Blending the sauce is optional; if you don't want to use a stick mixer, chop the mint and stir it through the yoghurt with the other ingredients.

*Pakora mix: chickpea flour, rice flour, nutritional yeast, ground cumin.*



### 1. PREPARE THE SALAD

Ribbon carrot. Slice nectarine and cucumber. Toss in a bowl with the rocket leaves (see notes).



### 2. MAKE THE MINT SAUCE

Roughly chop mint leaves. Use a stick mixer to blend with yoghurt, **salt and pepper** to a smooth consistency (see notes). Stir in **2 tsp vinegar**.



### 3. MIX THE PAKORAS

Finely chop broccoli to yield 2 cups. Add to a large bowl along with pakora mix and **3/4 cup water**. Season with **salt and pepper**. Mix to combine well.



### 4. COOK THE PAKORAS

Heat a large frypan over medium-high heat and cover base with **oil**. Add 1/4 cupfuls of pakora mixture. Cook, in batches, for 3-4 minutes each side until crispy. Remove to plates to serve (makes 6).



### 5. FINISH AND SERVE

Divide salad among plates with pakoras. Serve with mint sauce to dip.



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