



Crispy Pakoras

SNACKS/LIGHT MEALS

Recipe makes around 65 to 68 pakoras

Ingredients:

- Potatoes: 7-8 small to medium-sized potatoes
- Chickpea flour: 1.5 cups (to 2 cups)
- Spinach: 1 cup cooked/wilted spinach
- Peas: 1 cup of frozen peas
- Red Onion: 1
- Coriander/ Cilantro: 1 small bunch
- Peanut butter: 1 tablespoon
- Maple Syrup or Jaggery: 2 teaspoons
- Baking Powder: 2 teaspoons
- Garlic powder: 2 teaspoons
- Pakora Masala/ spice mix: 2 teaspoons (available at most Indian Grocery stores)
- Water: ½ cup approx - depends on the water content in your cooked spinach and onions
- Salt to taste

** Pakora Masala/ Spice Mix: The masala/ spice mix is a unique blend of many spices, some of the individual spices can be difficult to get a hold of, you can certainly make it yourself but for the purpose of convenience we purchase the spice mix, our favorite is 'MDH Pakora Masala' which is available at most Indian grocery stores.*

Chop your potatoes into either ½ cm thick pieces or ¼ of a cm if your oven isn't very efficient. This is really important because the potatoes are not precooked before they are mixed with the other ingredients and placed into the oven. Half your onion and then slice thinly, separate the onion pieces before placing it into your mixing bowl.

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Finely chop your coriander/cilantro so it distributes evenly through the mix. Your chickpea flour needs to be sifted thoroughly as it tends to be extremely lumpy when it comes out of the packet, sifting the flour at a height (about 10 inches from the bowl) will allow additional aeration and result in a lighter batter.

Hold back your water and add all of your other ingredients into your mixing bowl. It's best to mix the ingredients without the water as your spinach, peas, and onions hold water and, by mixing them on their own you can get a sense of the additional water required, you definitely want to avoid adding too much water early on. Add your water slowly.

The texture you're looking for is a thin coating of batter, which should be the consistency of pancake batter. Once mixed you can place the mix onto your greaseproof paper/oven tray ready to be fan-baked.

The portions you place onto your tray are bite-sized, refer to 6.17 minutes of the recipe video to get an indication of the size the portions should be. Preheat your oven to 180 degrees celsius/355 degrees fahrenheit - Fan/Bake, the fan force of this setting creates an air fryer like environment.

If you don't have a fan-forced oven then the bake setting will work, but you will need to watch the pakoras more closely and check on them frequently.

Cook for 20 minutes at 180 degrees celsius/355 degrees fahrenheit and then turn down to 150 degrees celsius/300 degrees fahrenheit and cook for another 7-9 minutes, watch them carefully to ensure they become golden brown but don't go over this.

Once the pakoras come out of the oven, let them cool for 5-10 minutes, then enjoy with your favorite dip or chutney. To find out how to make our oil-free Date & Tamarind Chutney go to the 'Sauces, Spreads & Basics' section of our recipes on our website.

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