



PLANTED PLATES  
Wholesome • Hearty • Vegan

## PAKORAS

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# PAKORAS

Serves 6-8 🌿 15 min prep time 🌿 cooks in 5 mins

## Ingredients

200g Gram flour  
150ml water  
oil for frying quite deep  
1½ onions thinly sliced  
2 med potatoes thinly sliced  
2 cups of spinach thinly sliced  
¼ cabbage  
½ bunch of large fresh coriander  
Green chilli as many you like depending on heat maybe try Jalapeños  
4 garlic cloves grated and a thumb-size piece of ginger

2tsp ground coriander  
2tsp chat masala  
1tsp methi powder  
1tsp red chili powder  
Good pinch of 2 of sea salt flakes

## Method

1. Turn your gas on with a deep heavy pan filled with oil to reach a temperature of at least 180°C
2. In a large bowl mix together the Gram flour and the spices until combined.
3. Gradually add the water until you have a thick batter,
4. Add all your veggies to the mix until they are all coated (add more flour if too thin or water if too thick)
5. Once your batter is ready you now check your oil is the right temperature and if so make little handfuls of the batter and drop them very carefully into the oil. If you are not comfortable doing this use the right utensil to do so. Once the pakoras are golden brown and looking cooked lift them out with a slotted spoon and pop them onto some kitchen towel. Serve immediately.

🌿 **Cook's tips:** You can try whatever veg you like. I like to serve mine with tamarind sauce.



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