



## ONION BHAJIS

Heat Rating: Mild

Makes 12-15

### Ingredients:

One cup of Mama Dor's Onion Bhaji blend

2 small onions, sliced

1 tablespoon natural Greek yoghurt

150ml tap water

Oil for shallow frying (coconut oil is best, but vegetable oil works fine too)

5-10 green finger chillies (optional)

### Method:

Create a thick pancake-like batter by beating the bhaji blend, yoghurt and water in a mixing bowl. (Tip: add the water a little at a time to get the right consistency). Leave the batter to sit for 10mins.

Add the onions (and chillies if you want heat) and mix well. Heat coconut oil in a shallow fryer and when hot, add small dollops of the onion bhaji mix into the oil. Don't worry about the shape! Fry on each side for 2-3 mins until golden brown. Serve warm with cooling raita or hot chilli sauce.

### Alternative uses:

This blend can be used with almost any vegetable you like; simply substitute (or reduce) the onions and add potatoes, carrots, courgettes, peppers, broccoli, mushrooms or even simply more chillies

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