



## PAKORA

Heat Rating: Mild

Makes 12-15

### Ingredients:

One cup of Mama Dor's Pakora blend

Your choice of 300g of cooked chicken/turkey OR white fish (cut into bite size chunks) OR raw prawns

1 tablespoon natural Greek yoghurt

150ml tap water

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

### 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 your filling of choice and mix well. Heat oil in a shallow fryer and when hot, add small dollops of the pakora mix into the oil, making sure each dollop contains the filling. Don't worry about the shape! Fry gently (make sure your oil isn't too hot) on each side for 2-3 mins until golden brown. Serve warm with cooling raita or hot chilli sauce.

### Alternative uses:

If you prefer a vegan pakora, use any raw vegetable of your choice. Thinly sliced potatoes, courgettes, aubergines, sweet potatoes, broccoli and mushrooms work particularly well.

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