



SPINACH & RED ONION BHAJIS

INGREDIENTS

- 1/2 cup Mama Dor's Onion Bhajis spice blend
- 1 red onion, chopped finely
- 1 large handful fresh spinach, roughly chopped
- 1 egg
- Extra virgin olive oil, for pan frying

METHOD

In a large bowl, add the Onion Bhaji blend, the onion and the spinach and mix well. Crack the egg into the bowl and bring together. Add a little tap water if the mix needs loosening a little. Mix until you have a sticky dough.

In a deep frying pan, add 2-3 tablespoons of the oil and heat. Take a small handful of the batter, and shape into a rough flat circle, and gently add to the pan. Cook for 2-3 minutes on each side. Cook in batches in four or five.

Serve warm with a cooling cucumber raita.