



UCCOOK

Indian Carrot Pakora Bowl

with roasted butternut, cauliflower & raita

Pakora is an Indian street food similar to a fritter! We'll 'bowl you over' with this dish of roasted veg, crispy carrot pakora, dollops of cucumber-packed raita, and a piquanté pepper & radish salad. Finished off with spiced chickpeas and fresh coriander.


Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Alex Levett

 Veggie

 Creation Wines | Creation
Viognier/Roussanne

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Ingredients & Prep

200g	Butternut Chunks <i>cut into bite-sized pieces</i>
120g	Chickpeas <i>drained & rinsed</i>
20ml	NOMU Tandoori Rub
240g	Carrot <i>trimmed, peeled & grated</i>
225ml	Fritter Flour Mixture <i>(20ml NOMU Indian Rub, 200ml Chickpea Flour & 5ml Baking Powder)</i>
200g	Cauliflower Florets <i>cut into bite-sized pieces</i>
40g	Salad Leaves <i>rinsed</i>
40g	Radish <i>rinsed & sliced into thin rounds</i>
100g	Piquanté Peppers <i>drained & roughly chopped</i>
100ml	Coconut Yoghurt
100g	Cucumber <i>grated & juice squeezed out</i>
8g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel

1. ROAST BUTTERNUT Preheat the oven to 200°C. Place the butternut pieces and drained chickpeas on a roasting tray, coat in oil, ½ the NOMU rub, and seasoning. Roast in the hot oven until cooked through and crisping up, 30-35 minutes (shifting halfway).

2. CARROT FRITTERS In a large mixing bowl, combine the grated carrot and fritter flour. Season well. Stir in cold water one tablespoon at a time until the batter comes together. You are looking for a batter with the texture of double cream. If it's too thick, add a little more water.

3. ROAST VEG MEDLEY In a bowl, combine the cauliflower pieces, the remaining NOMU rub (to taste), a drizzle of oil, and seasoning. When the butternut and chickpeas have 15-20 minutes to go, scatter over the cauliflower pieces and roast for the remaining time until the cauliflower is charred and the chickpeas are crispy and golden.

4. FRIED FRITTERS Place a deep pan over a medium-high heat and fill with 4-5cm of oil. When hot, scoop 1 tbsp of the batter per fritter, and gently lower it into the oil. Deep fry until cooked through and golden, 3-5 minutes (flipping halfway). Drain on paper towel.

5. TOSSED SALAD In a bowl, toss the rinsed salad leaves, the sliced radish, the chopped peppers, seasoning, and olive oil. In a small bowl, combine the coconut yoghurt, the squeezed cucumber, ½ of the chopped coriander, and seasoning.

6. BOWLED OVER! Dish up a hearty helping of roast butternut, cauliflower and crunchy chickpeas. Place the crispy carrot fritters alongside the veg and serve the fresh salad on the side. Spoon over the coconut raita and sprinkle over the remaining chopped coriander. Well done, Chef.



Chef's Tip

Don't overcrowd the pan when frying the carrot fritters or they won't go crispy.

Nutritional Information

Per 100g

Energy	394kJ
Energy	94kcal
Protein	4.1g
Carbs	15g
of which sugars	4.9g
Fibre	3.4g
Fat	1.5g
of which saturated	0.4g
Sodium	221mg

Allergens

Allium, Sulphites

Cook
within 2
Days