

UCOOK

Indian Carrot Pakora Bowl

with roasted butternut, cauliflower &

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: 20 minutes

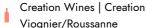
Overall Time: 40 minutes

Serves: 1 Person

Chef: Alex Levett



Veggie



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Ingredients & Prep

60g

50g

50ml

50g

4g

- 100g **Butternut Chunks** cut into bite-sized pieces Chickpeas
 - drained & rinsed
- NOMU Tandoori Rub 10ml 120g Carrot
- trimmed, peeled & grated
- Fritter Flour Mixture 112,5ml (10ml NOMU Indian Rub. 100ml Chickpea Flour & 2,5ml Baking Powder)
- Cauliflower Florets 100g cut into bite-sized pieces
- 20g Salad Leaves rinsed 20g Radish
 - rinsed & sliced into thin
 - Piquanté Peppers drained & roughly chopped
 - Coconut Yoghurt
 - Cucumber grated & juice squeezed
 - Fresh Coriander rinsed, picked & roughly chopped
- 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, 25-30 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
- 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

with 4-5cm of oil. When hot, scoop 1 tbsp of the batter per fritter, and

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.

coriander, and seasoning.



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

Nutritional Information

Per 100g

394kI Energy 94kcal Energy Protein 4.1g Carbs 15g of which sugars 4.9g Fibre 3.4g Fat 1.5g of which saturated 0.4g

Allergens

Sodium

Allium, Sulphites

Cook within 2 Days

221mg