



## Sweet Potato Pakoras

### Ingredients

- 4 tablespoons Maggi Masala Chilli Sauce
- 100 g Gram Flour
- 100 g Sweet Potato
- 1 Medium Red onion
- 1 teaspoon Salt
- 2 teaspoons ground coriander
- 1 teaspoon ground cumin
- 1 teaspoon chilli flakes
- 0.5 teaspoon Black Pepper
- 0.5 teaspoon Baking Powder
- 80 g frozen spinach
- 5 tablespoons Vegetable Oil
- 30 g coriander leaves
- 30 g Fresh Mint
- 3 tablespoons Low Fat Yogurt
- 0.5 lemon, juiced
- 1 small Green Hot Chili Pepper
- 0.5 teaspoon Sugar
- 15 g Root Ginger

### Instructions

1. Put the gram flour, salt, dry spices and baking powder into a large bowl.
2. Peel the sweet potato. Use a box grater to grate the potato coarsely. Add this to the bowl with the dry ingredients. Peel and chop the onion and add to the bowl.
3. Gently defrost the spinach in a microwave, keeping any water that comes out of the spinach. Add to this to the bowl. Tip - use fresh spinach if you prefer just wash first then pour boiling water over to wilt the spinach before mixing through as per step 4.
4. Using clean hands bring the mixture together - you may need to add a tablespoon of water - but try not to add too much or it will make the mixture heavy. Once it is fully combined leave to rest for 10 minutes.
5. Fill a saucepan with 3 inches of vegetable or sunflower oil and bring up to frying temperature (180°C or when a small piece of white bread browns in about 30 seconds). Take care never to leave the oil heating without your attention! Drop small spoonfuls carefully into the oil, turning them over to cook on both sides for a minute or two until golden brown and cooked through. Leave to drain on some kitchen paper while you continue cooking the rest of the mixture.
6. To make the green chutney simply blend the yogurt, fresh herbs, lemon juice, chilli, sugar and grated root ginger (adding a tablespoon of water if needed to loosen the mixture) in a small food processor until you have a smooth green dipping sauce. Serve the warm pakoras with the green chutney and Maggi Masala Chilli Sauce.

Nutrition

40 Minutes

Carbohydrate

34.02 g

4

Energy	337.13 kcal
Fat	19.61 g
Fibre	6.35 g
Protein	8.5 g
of which: saturates	2.11 g
Sodium	855.78 mg
of which: sugars	855.78 mg