



Vegetable ‘fake’ Pakora

Having a healthier snack prepared when you look in the fridge can help you stop picking an unhealthy snack. This healthier version of pakora has not been deep fried and the vegetables will help you achieve your daily requirement of vitamins and minerals.



Ingredients

- ½ bag of frozen veg
- 2 medium potatoes, boiled and mashed
- 1 red onion, finely diced
- 1 egg
- 2 tsp curry powder
- 1 tbs plain low-fat yoghurt
- Salt and pepper
- 1 kcal vegetable oil spray

Method

1. Let the vegetables defrost and dice any chunky pieces
2. Pre heat oven to 200 °C/Fan 180 °C/392 °F/ Gas mark 6
3. Stir the onion, potatoes and mixed vegetables together
4. Whisk egg and stir into the mixture
5. Mix the curry powder with yogurt and stir into mixture
6. Season with a pinch of salt and pepper
7. Mixture should make 12 pakora, spoon the 12 portions onto a baking tray ideally onto greaseproof paper
8. Spray pakora with 1 kcal oil
9. Bake for 25-30minutes
10. 2 Pakoras are 100kcal snack. They are delicious eaten hot or cold and are suitable for freezing.

Nutrition per portion - 97g

| Energy | Fat | Saturates | Sugars | Salt | Protein | Carbs | Fibre |
|---------|------|-----------|--------|------|---------|-------|-------|
| 100kcal | 1.6g | 0.3g | 5.7g | 0.1g | 5.5g | 15.2g | 1.3g |
| 5% | 2% | 1% | 6% | 2% | 11% | 6% | |

% of an adult's reference intake

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