



# GLUTEN FREE VEGETABLE PAKORAS

Welcome to our first Recipe of the Week for 2021. A delicious Gluten-Free Vegetable Pakora recipe shared with us by Elle Spence of **My Country Table**. As Elle shares 'they are so simple, packed with vegetables and cost less than \$15 to make an entire batch to feed your family'. We'd love to hear your feedback with these. Enjoy!

## Ingredients:

2 1/2 cups *besan flour* (chickpea)

1 tablespoon *rice flour* (optional) – makes them slightly crispier but not essential

1 cup *cold water*

1 teaspoon *baking powder*

1 *carrot*, grated

1 cup *cauliflower (or broccoli)*, chopped into small chunks

2 *brown onions*, sliced

1 teaspoon *freshly grated ginger*

2 cups baby spinach, roughly chopped

1 tablespoon *fresh coriander*, finely chopped

3/4 teaspoon *ground coriander*

1 1/2 teaspoons *ground turmeric*

1/2 teaspoon *ground cumin*

1/2 teaspoon *chilli flakes*

*Black pepper* to taste

*Vegetable oil* – enough for a shallow fry

**Method:**

In a large bowl add all of your chopped vegetables, spices, rice flour, besan flour and baking powder and stir until well coated.

Add your water a little at a time until it's all combined and is a sticky slightly runny consistency.

Heat a large frypan and add in your vegetable oil (enough to cover an entire pan for a shallow fry) until very hot.

Add dollops of your pakora mixture and cook on both sides until cooked through, crispy and medium golden brown in colour.

Serve hot with coconut yoghurt, hummus, mixed pickles or tamari as a dipping sauce.

**Inspiration:**

These are fantastic with a fresh green salad on the side or just a big bowl of baby spinach and lemon.

**Gluten-Free | Dairy-Free | Vegan | Refined Sugar-Free**

To see more great recipes from Elle you can visit her [Instagram Page here](#)