

Spinach Pakoras

Season: All Seasons

Serves: 30 tastes in the classroom or 6 at home

These spinach pakoras are easy but oh so delicious!

Equipment:

chopping board
cook's knife
mortar and pestle
frying pan
paper towel

Ingredients:

Large bowl of spinach
1 and 1/2 cup of besan flour
3 tablespoons of plain flour
2 teaspoons of coriander
2 teaspoons of cumin
1 teaspoon of bicarb soda
1 chilli (optional)
peanut oil for frying



What to do:

1. Dry roast coriander and cumin seeds
2. Crush spices with a mortar and pestle
3. Wash, drain and finely shred spinach
4. With besan flour, plain flour and crushed spices (and finely chopped chilli) mix and add water until a thin batter is formed
5. Pour batter over spinach and mix lightly
6. Heat oil and shallow fry small spoonfuls of the mixture until crisp on both sides

