



# Organic Broccoli Slaw Pakoras with Raita

**Servings**

4

**Calories**

260

**Prep Time**

30 minutes

**Total Time**

1 hour

**Skill Level**

Hard

## Ingredients

### Pakora Ingredients

2 (10 ounces) packages Mann's Organic Broccoli Cole Slaw

1 medium onion, chopped

1 ½ cups of chick pea flour

½ teaspoon baking soda

1 teaspoon cumin seeds, roasted

½ teaspoon coriander powder

½ teaspoon mild chili powder

½ teaspoon garlic powder

salt to taste (1 teaspoon recommended)

oil for frying (about 2 cups)

¼ cup water



### Raita Ingredients

1 cup plain Greek yogurt

½ bunch cilantro

½ bunch mint

1 teaspoon cumin and coriander seeds, roasted and pounded

1 clove garlic, fresh, minced



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salt to taste

1 jalapeño (optional)

## The Method

Starting with the pakoras, add all dry ingredients to a bowl and mix to combine. Add Mann's Organic Broccoli Cole Slaw and chopped onion and mix with your hands, slowly adding the water. The batter will be very sticky with the consistency of pancake batter. Set aside for 15 to 20 minutes.

Prepare the raita by adding all ingredients to a food processor or blender and blending until smooth and combined. Refrigerate until ready for use.

Heat the oil in a medium sized frying pan over medium heat until hot. Test the heat level by adding a drop of batter to the pan. If it sizzles, it's ready. Using a spoon and your fingers, carefully drop a spoonful of batter into the oil. Cook the pakora until it's golden brown, then carefully remove it from the pan with a slotted spatula allowing the excess oil to drip back in the pan. Allow it to cool and then do a taste test. Adjust the seasonings to your liking. Repeat steps with the remaining batter. Place the cooked pakoras in a single layer on a paper towel-lined platter allowing for 1" of space between them. Enjoy them hot or at room temperature with your fresh raita as a dip.

### Nutrition Facts

Serving Size: 285g | Servings: 4

#### Amount Per Serving

Calories 260 | Total Fat 6g (sat 2g trans 0g) | Cholesterol 10mg | Sodium 850mg | Total Carbohydrate 36g | Dietary Fiber 10g | Sugars 11g (Includes 0g Added Sugars) | Protein 18g | Vitamin D 0% | Calcium 15% | Iron 30% | Potassium 20%