

Veggie Peel Pakoras

These gently spiced fritters are a way tasty to use up veggie peelings from your Easter Sunday roast!



What you need:

- 8 oz of vegetable peel finely chopped
- 1 onion, finely chopped
- Salt
- 1/4 teaspoon baking powder
- Any spices you like e.g. cumin, coriander, turmeric and garam masala (approx 1 teaspoon of each)
- Chilli powder to taste (fresh green chillis are lovely if you have them)
- Chopped fresh coriander
- 3 oz gram flour
- Vegetable oil

What to do:

1. Put the chopped onion and vegetable peelings in a bowl and add the spices, fresh coriander and salt toss them together.
2. Sift the gram flour into the bowl and toss again.
3. Heat around half an inch of oil in a pan -add more later if needed.
4. Spoon the mixture into the frying pan in batches for around 3 minutes or until crispy and golden then flip them over and repeat.
5. Pat with kitchen paper, and serve. You can eat them as they are, or serve in a burger bun or sandwich with fresh salad and mango chutney.