



Silverbeet and Fennel Indian Pakora

Season: All year

From the garden: parsley, silverbeet, fennel

Type: starter Difficulty: Medium

Serves: 10 adults as a starter/ 20 tastes

Recipe source: Laura Cornelius

Equipment	Ingredients
Large frying pan or wok	1/2 cup pea flour
Chopping board x 4	1/4 cup of gluten-free plain flour
Kitchen knife x 4	1 tsp baking powder
whisk	1 tsp tumeric powder
Measuring cups and spoons	1 tsp spice eg. corriander, cumin, chilli
Wooden spoon	1 onion, sliced
tablespoon	2 tbl sp chopped fennel or other herbs
paper for draining	6 cups finely shredded silverbeet leaves
platters for serving	pinch salt
	water to mix
	oil for frying

How to make it:

1. Place dry ingredients into mixing bowl. Add water slowly and whisk until you have a medium thick batter (like drinking yoghurt).
2. Slice onion finely (2mm thickness), shred silverbeet as fine as you can and chop herbs. Mix through batter.
3. **Be careful, listen to your adult helper. Heat oil on a medium high heat. Have a lid close by because sometimes oil can start bubbling over and can be dangerous, this happens if you a/ overfill pan, b/ accidentally put water into the hot oil.**
4. Test oil with a piece of bread or slice of potato, when it starts floating and turning golden brown the oil is hot enough to cook with. Fry spoonfuls of mixture until cooked dark golden.
5. Drain on 2 layers of paper towel, sprinkle with salt and serve whilst hot.

Great with Raita (yoghurt dip) or chutney, served alongside curries or on their own as a snack.

You can use any vegetable in this recipe just make sure the mix is not too wet.