

# Vegetable tempura

A great way to eat your five a day.

Ready in **30** minutes Serves **2**

## Ingredients

- 100g plain flour
- 50g corn flour
- large pinch of salt
- ½ tsp baking powder
- 200ml ice cold sparkling Holywell Malvern Spring Water
- selection of vegetables
- oil for shallow frying

## Method

1. Wash and chop a selection of vegetables into large bite sized pieces.
2. Sift the plain flour, corn flour, baking powder and salt into a bowl.
3. Pour in the sparkling water and whisk well to produce a light batter.
4. Place a handful of vegetables in the batter.
5. Heat some oil in a shallow pan or wok. When the oil is hot carefully add the first vegetable piece taking care that the oil does not spit.
6. Add four more pieces and cook until golden on one side.
7. Carefully turn with a slotted spoon.
8. Remove when golden and drain on kitchen paper.
9. Continue cooking the vegetables in batches.

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Cookery courses in Malvern, with bed and breakfast available.

All food suitable for vegans.

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