

# Carrot Pakora

A delicious way to eat vegetables. A tasty gluten free snack that can be enjoyed by all!

Ready in **30** minutes Serves **12**

## Ingredients

- 2 carrots, grated
- 1 onion finely sliced
- 1 tbsp crushed coriander seed
- 1 tbsp caraway seed (optional)
- ½ tsp chilli flakes
- 100g gram flour
- 2 tbsp rice flour
- salt and freshly ground pepper
- approx 30ml water

## Method

1. Combine the vegetables and spices in a large bowl.
2. Sift in the flour, mix and season well.
3. Gradually add the water until a thick batter-like consistency is reached.
4. Heat some oil in a wok.
5. When the oil is hot add two spoonfuls of the mixture.
6. Turn over using a slotted spoon.
7. Drain on kitchen paper.
8. Keep cooking until the mixture is used up.