

Cauliflower Pakora with Coriander and Mint Sauce

Ingredients:

- ½ cauliflower, chopped very small
- 1 tablespoon coconut oil
- 1 onion, chopped very fine
- 1 chilli, chopped very fine
- 2 garlic cloves, finely chopped
- 1 teaspoon ground coriander
- 2 tablespoons chickpea flour
- 1 table spoon coconut flour
- 4 eggs, beaten



What to do:

- 1) Cook the cauliflower in the microwave for 3 mins, in a safe dish with coconut oil, salt and pepper.
- 2) Combine cauliflower with onion, chilli, garlic, and ground coriander in a bowl.
- 3) Add chickpea flour, coconut flour and egg.
- 4) Mix to form a thick doughy batter and season with salt and pepper.
- 5) Heat oil in a large pan.
- 6) Use a spoon to shape batter into balls and fry in batches on both sides for about 2 mins, until golden.
- 7) Drain on cooling rack and cook remaining.

Coriander and Mint Sauce

Ingredients:

- 1 small bunch coriander
- 1 handful mint leaves
- 1 green chilli, finely chopped
- 1 garlic clove, finely chopped
- ½ teaspoon cumin
- 1 ½ tablespoon apple cider vinegar
- 200ml aioli



What to do:

- 1) Place the coriander, mint, chilli, garlic and cumin in a blender and blend until smooth.
- 2) Add the vinegar and blend until smooth.
- 3) Pour the mixture into a bowl and stir in the aioli.
- 4) Taste and season.