



Onion Chilli Bites

Ingredients

- 135 g Chickpea Flour (Besan)
- 5 mg Leavening Agents, Baking Powder, Double-Acting, Straight Phosphate
- 10 mg Spices, Curry Powder
- 2.5 mg Seasoning mix, dry, chili, original
- 2 Mediums Onions, Raw
- 1 Tomatoes, Red, Ripe, Raw, Year Round Average
- 0.5 Carrots, Raw
- 2 tsp Ginger Root, Raw
- 60 mg Coriander (Cilantro) Leaves, Raw
- 30 mg MAGGI Lazenby Worcester Sauce
- 250 mg Water, Tap, Drinking
- 1 tbsp Oil, cottonseed, salad or cooking
- 80 mg Mayonnaise, Low Sodium, Low Calorie Or Diet
- 45 mL Fruit Chutney

Instruction

1. Heat 2-3cm oil in a small pan.
2. Place the chickpea flour, bicarbonate of soda, curry powder and chilli flakes into a mixing bowl. Stir in the onion, tomato, carrot, ginger, coriander and Worcestershire sauce. Gradually add just enough water to make a thick batter.
3. Drop spoonfuls of the batter, in batches, into the hot oil and fry for 3-5 minutes, depending on size, until puffed, golden and cooked. Drain on kitchen paper and serve warm with the dipping sauce.
4. Mix the mayonnaise and chutney together.

Nutrition

Carbohydrates	126.88 g
Energy	569.57 kcal
Fats	5.53 g
Protein	7.13 g

🕒 13 Minutes

⊕ 6 Portions