



# Sparkle Kitchen

## Chickpea Fritters (Pakorras)

### Ingredients

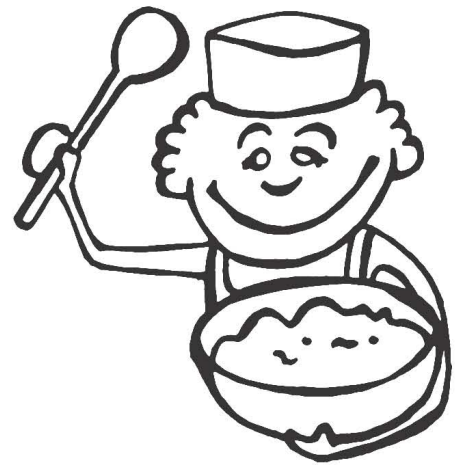
2 cups chickpea flour  
1 cup warm water  
1/2 cup finely grated carrot  
1 cup peeled & finely grated potato  
1 cup finely diced onion (or grated, if you're feeling brave)  
2 tablespoons minced parsley  
2 teaspoons sea salt  
1 teaspoon ground coriander  
1 teaspoon ground cumin  
coconut or avocado oil for frying

### Directions

Place the flour in a large bowl, and add the warm water slowly while beating with an electric mixer. A thick batter will form. Place the bowl in a warm spot for 1/2 hour.

Mix the onion, carrot, potato, parsley, salt, and spices into the batter. Again, the batter will be thick.

Fill a heavy pot with 2 inches of oil, and heat to 300 degrees (or until very hot but not smoking). Spoon 1-2 tablespoons of batter into the hot oil and fry for 3-5 minutes, until golden brown. Depending on the size of your pot, you can fry multiple fritters at once, as long as they are not crowded. Drain on paper towels.



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## **Chickpea Fritters (Pakoras)**

### **Continued....**

Yogurt Sauce (Raita)

### **Ingredients**

1 cup yogurt

1 teaspoon garam masala

1/4 teaspoon sea salt

1 tablespoon minced parsley

2 tablespoons minced mint

### **Directions**

Mix all of the ingredients together. Serve with chickpea fritters as a dipping sauce or a dressing.

Chickpea fritters are popular in our house plain (above), but you can serve them up fancy as well.

Savory, crispy-on-the-outside, and protein rich — they are always a huge success. What I like best: they're a stick-to-the-ribs sort of meal for busy kids.

And don't be afraid of the occasional fried dish! With quality oil, such as cold-pressed avocado oil, at the right temperature, it's a good way to get fat in the diet, which is important for growing kids. And besides, it's delicious.

Enjoy!