

**Recipe Name:** Green Pea Pakoras Recipe - Green Pea Freighters

**Diet Type:**

**Course:** Snack

**Cuisine:** Indian

**Quantity:** 1 bowl



## Ingredients

| Ingredient                                         | Quantity |
|----------------------------------------------------|----------|
| • 2-1/2 cups Green peas (Matar) - lightly blanched | 4        |
| • 1/2 cup Coriander (Dhania) Leaves                |          |
| • 5 cloves Garlic                                  |          |
| • 4 Green Chillies - finely chopped                |          |
| • 1 teaspoon Cumin seeds (Jeera)                   |          |
| • 1-1/2 cups Gram flour (besan)                    |          |
| • 1/4 teaspoon Asafoetida (hing)                   |          |
| • 2 Onion - sliced                                 |          |
| • Salt - to taste                                  |          |
| • Sunflower Oil - for frying                       |          |

## Preparation

- Place the coriander leaves, peas, green chillies, garlic and cumin seeds in the blender and pulse to get a coarse mixture.
- Transfer the ingredients to a mixing bowl, add the salt, onions and gram flour and mix well to combine.
- Add a little water to make a thick batter - only if required - like a few tablespoons.
- Check the salt and spices and adjust to suit your taste.
- Heat a kadai with enough oil to deep fry the Hari Matar Pakoras.
- Once the oil is hot spoon the matar pakora batter into the kadai and fry them till golden brown and crisp on all sides.
- Do not over crowd the kadai.
- Proceed the same way with the remaining pakora batter.



## Macronutrients

| Calories (kcal) | Protein (g) | Carbs (g) | Fat (g) | Fiber (g) | Sugar (g) |
|-----------------|-------------|-----------|---------|-----------|-----------|
| 250             | 8           | 35        | 10      | 6         | 2         |

