

# ONE BITE

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Kindle



# *Baked Pakora*

By Anastasia Love

**Servings:** 8 pieces

**Prep time:** 10 minutes

**Cook time:** 25 minutes

**Total time:** 35 minutes

A delicious baked pakora recipe, veggies coated with a chickpea flour batter. Naturally gluten-free and vegan. A great alternative to the deep-fried version of pakora/pakoda/bhaji.



## **Ingredients**

- 1 large carrot
- 1 small potato
- 1 inch cubed of ginger (2.5cm cubed)
- 1/2 teaspoon sea salt
- 1 teaspoon onion powder
- Twist black pepper
- 1/2 teaspoon cumin seeds
- 1 heaped teaspoon curry powder (or garam masala)
- 1 handful chopped parsley (or coriander leaves)
- 75g chickpea flour (garbanzo bean or gram flour) 3/4 of a cup approx















### Instructions

- Grate the carrot and potato (buy organic and leave the skins on).
- Grate the ginger using a fine grater.
- Add all ingredients into a mixing bowl (except the chickpea flour)
- Sift the chickpea flour (to avoid lumps) on top of the ingredients in the bowl.
- Mix all ingredients together thoroughly. This is easiest using your hands. Once everything starts to combine then 'squidge' and compress with your hands until everything is wonderfully melded together.
- Line a baking tray with parchment paper.
- Spoon dessert sized spoon dollops onto the baking tray. Compress down slightly if you want them to be more like patties.
- Bake in a preheated oven (250C or 480F) for about 25 minutes.
- Enjoy with chutney right away as a starter, snack or as part of a curry night medley.
- They work nicely cold the next day in a lunch box. Alternatively reheat under a grill (broiler) for a few minutes.



## About the author...

**Anastasia** is the creator of Kind Earth. Deeply spiritual, she has a strong compassion for all sentient life and her plant-based lifestyle reflects that. Her recipes are all plant-based, wheat and refined sugar-free and created in mind to help as many people as possible to lead a more conscious lifestyle.

[Check out her website.](#)

