

Let's get cooking with

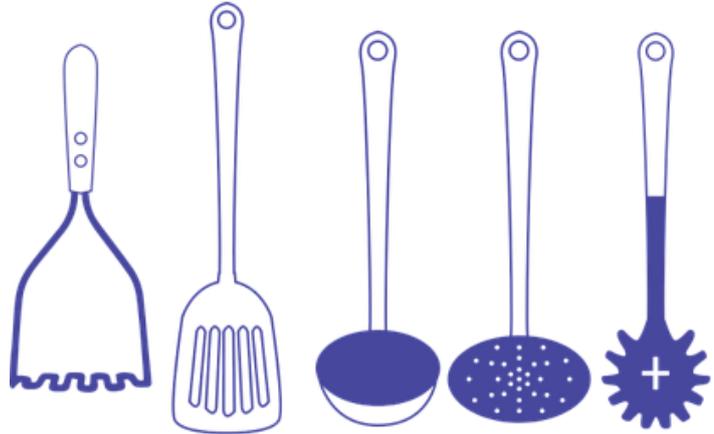


Healthworks
the community health charity

Chicken Pakora

What you need:

- 700g boneless chicken
- 1/2 tsp salt
- 1/2 tsp curry powder
- 1/2 tsp coriander powder
- 1/2 tsp cumin powder
- 1/3 of a bunch of coriander, finely chopped
- 2 small onions, finely chopped
- 2 tbsp. cornflour
- 1 potato, cubed
- water as needed
- 1 egg



Substitute as necessary if you have an allergy to any of the ingredients

How to prepare:

- Dice your boneless chicken, keeping the pieces fairly large and place all the diced chicken into a large mixing bowl. Add the potatoes.
- Add the spices, onion, coriander and cornflour and coat the chicken pieces using your hand.
- Add water a little at a time till you can feel all the ingredients have become moist and ever so slightly wet. Add your egg and mix well.
- Heat a pan with oil. Take a small amount of mixture and carefully drop it in. Fry for about 10 minutes over a medium flame, turning the Pakora during frying to ensure even browning. Drain the cooked Pakora on tissue paper.
- Serve as a starter with salad or enjoy as a snack!

Enjoy!

From the Community Skills Team
www.healthworksnewcastle.org.uk