

Pan-Fried Pakistani Pakora

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/pakoraras-recipe-pakistani>

Ingredients:

- 1 yellow onion or small red, or half large, thinly sliced into quarter moons
- 1 small potato * or half large, peeled and thinly sliced into quarter moons
- 1/2 serrano pepper slit, seeds removed and finely chopped
- 1 tablespoon cilantro leaves chopped
- 1 tablespoon mint leaves chopped, or sub more cilantro leaves
- 1/2 tablespoon neutral oil may omit but this makes them extra moist
- 1 teaspoon lemon juice
- 1 1/2 teaspoons coriander seeds whole, roughly crushed using a mortar and pestle
- 1 teaspoon cumin seeds
- 1/2 teaspoon crushed red chili flakes
- 1 1/8 teaspoons salt or to taste
- 1/4 teaspoon baking soda
- 1 cup flour chickpea, gram flour/besan
- 3/4 cup water 2/3 -
- neutral oil such as grapeseed or avocado as needed for pan frying
- 1/4 teaspoon ajwain whole carom seeds, roughly crushed using a mortar and pestle
- 1/2 tablespoon fenugreek leaves dry, methi, crushed between the palms of your hands
- 1/4 teaspoon red chili powder for extra spice
- 1/2 cup cilantro leaves
- 1/2 cup mint leaves or sub more cilantro
- 1/2 serrano small, or other green chili pepper to taste
- black salt or sub regular salt to taste
- 1/2 tablespoon fresh squeezed lemon juice
- 2 tablespoons plain yogurt optional

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 36 grams
3. Fat: 8 grams

4. Fiber: 4 grams
5. Protein: 5 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 950 milligrams
8. Sugar: 2 grams

Thank you for visiting our website. Hope you enjoy Pan-Fried Pakistani Pakora above. You can see more 19 pakoras recipe pakistani Get cooking and enjoy! to get more great cooking ideas.