

GLUTEN-FREE PAKORA

PREP TIME:	15 MINUTES
TOTAL TIME:	18 MINUTES
YIELD:	Approx. 12 x 50g Pakoras
SERVING SIZE:	1 ½ Pakoras (70 grams)
ALLERGENS:	N/A



Ingredients:

Volume	Ingredient	Grams	Bakers %
3/4 cup	Ardent-Mills Gluten-Free All-Purpose Flour Blend	120	100
3 3/4	Shredded mixed vegetables (cabbage, carrots, green beans, bell peppers)	480	400
1 tsp	Minced garlic	7.2	6
1 tsp	Minced ginger	7.2	6
1 tsp	Kosher salt	7.2	6
3/4 tsp	Garam masala	6	5
1/4 tsp	Ground coriander	1.2	1
1/4 tsp	Ground cumin	1.2	1

Please note: the nutritional information provided is preliminary and for the presented product only. Nutritional facts are subject to change based on the final working formula. The nutritional information contained herein is, to the best of our knowledge, correct. It is the user's responsibility to comply with the appropriate government standards and requirements for nutritional labeling. No warranties, expressed or implied, are made.

Directions:

1. Combine shredded vegetables and all seasonings in a large bowl and mix to combine.
2. Squeeze the vegetables to begin releasing moisture from them.
3. Let sit for 10 minutes.
4. Add in the Gluten Free All-Purpose Flour Blend and mix to combine, until all ingredients are stuck together.
5. Scale mix at 50 grams, roll into a ball and then press into a flat disk.
6. Fry at 350°F (175°C) for 2-3 minutes per side until a deep golden brown.
7. Transfer to a paper towel lined cooling rack to drain.
8. Serve with mango chutney.

**For sales inquiries or to request a sample,
contact us at 888-680-0013 or visit [ardentmills.com](https://www.ardentmills.com)**

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