

Good Enough 2 Eat

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Indian Vegetable Cutlets

You'll need:

- 2 tablespoons oil
- 4 onions, finely chopped
- 2 cups mixed vegetables (cauliflower, beans, carrots), finely chopped
- ½ cup peas parboiled
- 2 big potatoes boiled and finely chopped
- 2 small beetroots boiled and finely chopped
- 1 tablespoon lemon juice
- 2 tablespoons chopped fresh coriander

Grind to a paste:

- 2 tablespoons grated coconut
- 4 green chillies (substitute?)
- 1 small onion, chopped
- 4 flakes garlic, chopped
- 1 teaspoon ginger, chopped
- Piece of cinnamon
- 2 tablespoons coriander leaves chopped
- Salt to taste



Here's what to do:

1. Heat oil in a pan and fry the onions of medium heat for about 3 minutes.
2. Add the ground paste and fry for about 2 minutes or till aromatic and raw smell has gone.
3. Mix in the chopped mixed vegetables and green peas. Stir-fry on high heat briefly till the vegetables are well coated with the paste.
4. Cover and cook on low heat whilst stirring at intervals for about 4 minutes or till they are half cooked.
5. Add the boiled potatoes and beetroot.
6. Cover and cook on low heat whilst stirring occasionally.
7. Stir in lemon juice and chopped fresh coriander.
8. Shape the mixture into patties and fry on both sides until golden brown.