

# MARLEY SPOON



## Cauliflower, Lentil and Potato

Fritters with Chilli Tomato Chutney



20-30min



2 Portions

Being healthy doesn't mean having to sacrifice fried food. It just means being clever with what you fry and how you eat it. Inspired by Indian bhaji, we pack in plenty of nutritious goodness into crisp fritters, grilling the cauliflower for extra flavour, and teaming the golden patties with an aromatic, tangy tomato chutney and garnish of crackling curry leaves.

## What we send

- curry leaves, coriander and 1 green chilli
- Malaysian curry powder <sup>1</sup>
- canned cherry tomatoes
- mustard seeds
- lime
- Greek-style yoghurt <sup>7</sup>
- cauliflower
- red lentils
- desiree potatoes

## What you'll require

- egg <sup>3</sup>
- plain flour <sup>1</sup>
- sea salt flakes
- sugar
- vegetable oil
- white vinegar

## Utensils

- foil
- large frypan
- medium saucepan
- oven tray
- sieve

Our veggies come straight from the farm, so please wash them before cooking.

## Allergens

Gluten (1), Egg (3), Milk (7). May contain traces of other allergens.

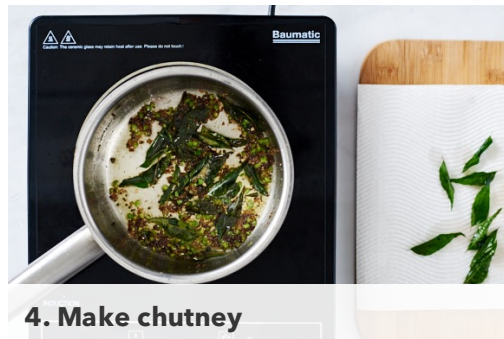
## Nutrition per serving

Energy 670.0kcal, Fat 20.5g, Proteins 26.2g, Carbs 84.9g



### 1. Grill cauliflower

Preheat the grill to high. Line an oven tray with foil. Trim the **cauliflower** and coarsely chop, including the stem. Combine the **curry powder, 2 tsp oil** and **salt** in a bowl, add the **cauliflower** and toss to coat. Arrange in a single layer on the lined tray and grill for 6-8 mins until slightly charred.



### 4. Make chutney

Heat **1 tbs oil** in a medium saucepan over medium heat. Stir **mustard seeds** and **curry leaves** for 1-2 mins until seeds pop. Remove some leaves to serve. Add **chilli, lime zest** and **sugar**. Cook for 1-2 mins until sugar dissolves. Add **tomatoes, remaining coriander, vinegar** and **salt**. Bring to the boil, then reduce heat to a simmer. Cook for 6-8 mins until thickened.



### 2. Prepare ingredients

Meanwhile, finely chop the **coriander**, including the stems. Finely chop the **green chilli**, removing the seeds if less heat is desired. Rinse and drain the **lentils** in a sieve. Finely grate the rind and juice the **lime**. Coarsely grate the **potatoes** into a clean tea towel and squeeze out as much excess liquid as possible.



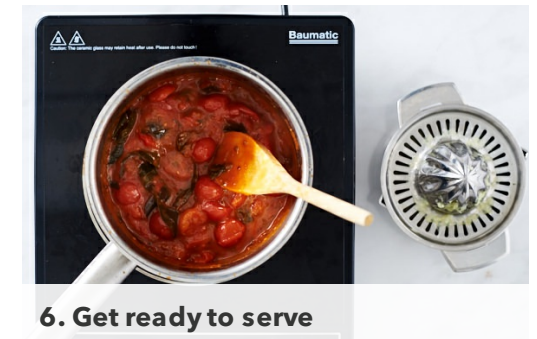
### 5. Cook fritters

Meanwhile, heat **remaining oil** in a large frypan over medium heat. Divide fritter mixture into 4 even patties and place in pan. Cover with a lid and cook for 3-5 mins until golden. Remove lid, turn fritters over and cook for a further 3-5 mins until golden brown.



### 3. Prepare fritter mixture

Combine the **grilled cauliflower, lentils, potatoes, egg, flour** and **half the coriander** in a bowl. Season well with **salt**. Using a stick blender, process half of the mixture until a very well combined paste. Set aside. Pick the **curry leaves**, discarding the stems, and set aside.



### 6. Get ready to serve

Meanwhile, stir **half the lime juice** into the chutney and season well with **salt**. Stir the **remaining lime juice** into the **yoghurt** and season with salt. Divide the fritters among plates. Top with the chutney, **yoghurt** and scatter with the **remaining curry leaves** to serve.