



OVENBAKED ONION BHAJIS WITH KALE

Season:	Any time
From the garden:	Coriander, kale
Type:	Snack
Difficulty:	Easy
Country of origin:	India
Serves:	30 tastes
Source:	thehappyfoodie.co.uk

Equipment

- *chopping board and knife
- *bowls and mixing spoon
- *measuring spoons
- *frying pan
- *wooden spoon
- *baking trays

Ingredients

- *1kg yellow or red onions
- *180 g chickpea flour
- *3 cm piece of fresh ginger
- *2 tsp ground cumin
- *2 tsp salt
- *1 tsp ground coriander
- *small bunch of fresh coriander
- *½ tsp chilli powder
- *½ tsp ground turmeric
- *1 tbsp lemon juice
- *oil for frying
- *around 30 ml water
- *a few handfuls of kale

Method

- 1.preheat the oven to 200 degrees
- 2.half and peel the onions

3. slice the onions into thin half-moon shapes
4. heat a little bit of oil in a large (or 2 smaller ones) frying pan and add the onion
5. cook the onion on a low heat, stirring occasionally, for 15 minutes until soft and translucent, but not browned
6. wash and chop the coriander. Chop or grate the ginger finely
7. wash the kale and remove the thick stalk in the middle. Slice finely
8. transfer the cooked onion to a mixing bowl and add all the remaining ingredients
9. it should be a very thick batter
10. oil or line the baking tray and drop tablespoons of mixture on the tray. Flatten a bit
11. place in the oven and bake for around 30 minutes until golden brown
12. serve with raita or relish

Notes: Onion bhajis are normally deep fried. Oven baking and adding some kale is making them into a healthier alternative to the original. Chickpea flour is gluten free.

Skills: *measuring, chopping, frying*