Baked Onion Bhajis

(Serves 10)

Preparation time = 30

Cooking time = 15

INGREDIENTS

- 1 tablespoon oil
- 100g chickpea flour
- 3 large onions
- ½ teaspoon turmeric
- 1 teaspoon ground cumin
- ½ teaspoon ginger powder
- ¼ teaspoon mild chilli powder
- Pinch salt
- 1 large teaspoon tomato puree
- 4 tablespoon water

EQUIPMENT

- Measuring spoons
- Weighing scales
- Baking tray
- Sharp knives
- Chopping boards
- Mixing bowls

Method:

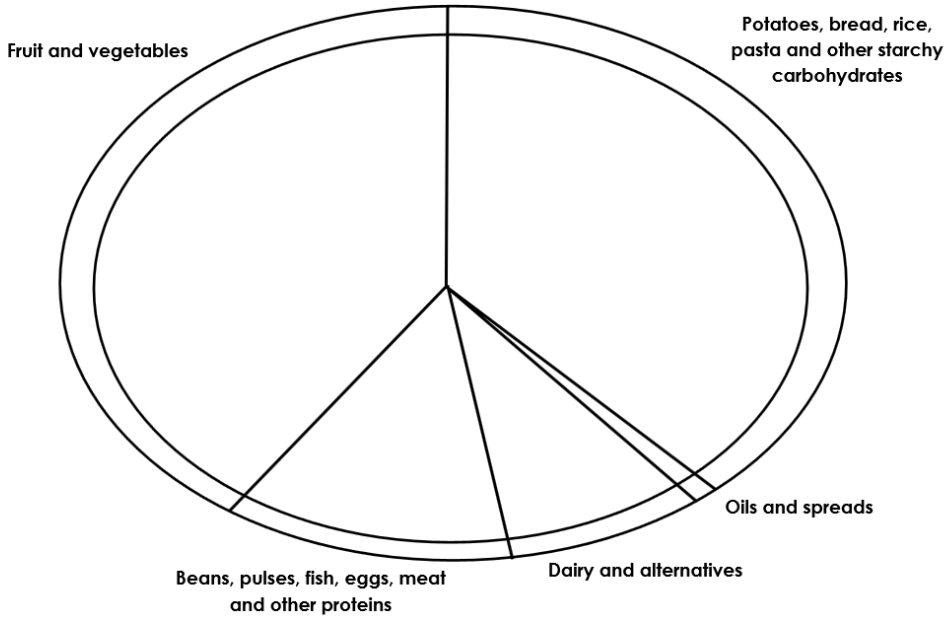
1. Preheat the oven to 180oC and grease a baking tray
2. Halve the onion and thinly slice
3. Heat the oil in a pan and add the onions
4. Cook on a low heat for ten minutes until the onions soften
5. Transfer to a large mixing bowl and add all the other dry ingredients
6. Mix well
7. In a small bowl, mix together tomato puree and water. Then add to the bowl of onions and mix well
8. Place a tablespoon of the mixture onto the tray. Flatten down slightly using the back of the spoon. Repeat with the rest of the mixture.
9. Cook in the oven for about 15 minutes until crispy

What skills have I learnt?

□ Weigh	□ Follow recipe	□ Open tin	□ Peel	□Knead
□ Cut	□ Spread	□ Grate	□ Break an egg	□ Mash
□ Stir	□ Blend	□ Mix	□ Fold	□ Beat
□ Grill	□ Chop	□ Bake	□ Whisk	□ Boil
□ Sieve	□ Pour	□ Roll	□ Rub	□ Fry

What food groups are used?

Refined high sugar and/or fat foods



The Taste Test!

Taste and rate the dish with your family and friends. Mark the taste, texture and appearance out of 5, with 5 being the best!

Name	Appearance (tick)					Taste (tick)					Texture (tick)				
	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5

Comments:

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Will you cook this dish at home?

Yes ☐ No ☐