



ONION BHAJI & CHICKEN GOUJON PLATTER WITH RAITA

 **Prep:** 15 minutes plus marinating

 **Cook:** 15 minutes

 **Serves:** 4

Each serving contains



of your guideline daily amount

INGREDIENTS:

Onion Bhajis

- 100g gram flour
- ½ tsp baking powder
- ¼ tsp chilli powder
- ½ tsp turmeric
- 2 tsp medium curry powder
- 1 tsp **LoSalt**
- 2 onions, thinly sliced
- Oil for deep frying

Chicken Goujons

- 100g fat free natural yogurt
- 1 tsp medium curry powder
- 400g chicken mini fillets

Riata

- 200g fat free natural yogurt
- 200g cucumber, deseeded and finely diced

COOKS TIP:

Great as a starter to share or as part of a buffet. Garnish with fresh coriander and lime wedges.

METHOD:

1. Mix the gram flour with the baking powder, spices and **LoSalt**, whisk in 100ml cold water then stir in the onions and set aside.
2. For the goujons mix the yogurt with the curry powder and stir in the chicken. Allow to marinate for 15-20 minutes.
3. Mix the riata ingredients together with a little black pepper and chill until required.
4. Heat the oil in a large saucepan or deep fryer and gently drop 4 spoonful's of the onion bhaji mixture in, fry for 2-3 minutes, turning once until golden and crispy, drain on kitchen paper, repeat to make 12 bhajis.
5. Meanwhile, place the chicken on a foil lined grill pan and place under a preheated grill for 15 minutes, turning once until cooked throughout.
6. Serve the bhajis and goujons with the riata.