

CAULIFLOWER AND
RED ONION BHAJI
WITH CUCUMBER & YOGURT DIP

Serves
4



Prep time: 15 minutes
Cooking time: 30 minutes

8. To cook the bhajis: Heat a large frying pan on a medium heat with 2-3 tbsp of oil. Using a tablespoon, place small amounts of the bhaji batter in the pan to form round shapes, gently press each one with the back of the spoon to flatten to half the thickness. Four to five at a time works best (depending on the size of your frying pan). Make sure they are not touching otherwise they will stick together. Fry until golden, using a fish slice carefully flip them to the other side and continue cooking until both sides are nicely golden and piping hot.

9. When cooked, place the Bhaji's onto a serving tray, and continue to fry in batches until all the bhaji mix is finished. If you are using a small frying pan this will take longer so I would suggest that you place the Bhaji's into the oven to keep warm as you continue making the rest of them.

10. To serve simply arrange 4-5 bhaji's on each plate, alongside a side salad and a dollop of the yoghurt & cucumber dip.

Tips

- ✓ If you are making the yoghurt & cucumber dip in advance, I would recommend to remove the cucumber seeds, otherwise if left too long the dip can become watery.
- ✓ Alternative to frying, you can also cook the bhajis in the oven. Line a baking tray with baking paper, place the spoonful of bhaji batter on the baking paper and cook until nicely browned. Great alternative if you are watching your calorie intake.



INGREDIENTS

Bhaji mix

- 1 medium size cauliflower
- 2 red onions
- 150g flour
- 180ml water
- 1 tsp cumin
- Salt

For frying

Vegetable oil

Cucumber & yogurt dip

250g yogurt

Half a cucumber

To serve

Salad



METHOD

1. Prepare the cauliflower: Start by removing the outer leaves. Using a large knife, cut the cauliflower into four large pieces, cut vertically through the stalk so you end up with 4 cauliflower wedges. Then grate the cauliflower into a large bowl – hold the cauliflower pieces by the stem part, make sure to grate as much as you can of each wedge, but mind your fingers (it is ok to be left with a little bit of each wedge that you cannot grate, it will just be stalk)



2. Peel and cut the onions in half. Slice the onions as thinly as possible.



3. Place the grated cauliflower & sliced red onions into a colander. Sprinkle with salt and mix together. Let it rest for at least 10 minutes.



4. Meanwhile make the yoghurt & cucumber dip: Simply wash the cucumber and dice it as small as possible, mix with the yoghurt in the serving bowl.



5. Then squeeze the cauliflower and onions to release any liquid. Do this with your hands, grabbing handfuls of it and squeezing them as much as you can. Do this with the colander in the sink so you can discard the liquid as you squeeze. Keep the squeezed cauliflower & onion aside.

6. To make the Bhaji batter: In a large mixing bowl, whisk together the water, flour and cumin with a pinch of salt to form a paste.



7. Tip the squeezed cauliflower and thinly sliced onions into the batter and mix very well.

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