

# GLUTEN-FREE PAKORA

<b>PREP TIME:</b>	15 MINUTES
<b>TOTAL TIME:</b>	18 MINUTES
<b>YIELD:</b>	Approx. 30 x 50g Pakoras
<b>SERVING SIZE:</b>	1 ½ Pakoras (70 grams)
<b>ALLERGENS:</b>	N/A



## Ingredients:

Volume	Ingredient	Grams	Bakers %
2 1/3 cups	Ardent-Mills Gluten-Free All-Purpose Flour Blend	300	100
9 1/3 cups	Shredded mixed vegetables (cabbage, carrots, green beans, bell peppers)	1200	400
¾ tbsp	Minced garlic	18	6
¾ tbsp	Minced ginger	18	6
¾ tbsp	Kosher salt	18	6
¾ tbsp	Garam masala	15	5
2/3 tsp	Ground coriander	3	1
2/3 tsp	Ground cumin	3	1

Please note: the nutritional information provided is preliminary and for the presented product only. Nutritional facts are subject to change based on the final working formula. The nutritional information contained herein is, to the best of our knowledge, correct. It is the user's responsibility to comply with the appropriate government standards and requirements for nutritional labeling. No warranties, expressed or implied, are made.

12 1/3 Total  
cups

1575

525

## Directions:

1. Combine shredded vegetables and all seasonings in a large bowl and mix to combine.
2. Squeeze the vegetables to begin releasing moisture from them.
3. Let sit for 10 minutes.
4. Add in the Gluten Free All-Purpose Flour Blend and mix to combine, until all ingredients are stuck together.
5. Scale mix at 50 grams, roll into a ball and then press into a flat disk.
6. Fry at 350°F (175°C) for 2-3 minutes per side until a deep golden brown.
7. Transfer to a paper towel lined cooling rack to drain.
8. Serve with mango chutney.

**For sales inquiries or to request a sample,  
contact us at 888-680-0013 or visit [ardentmills.com](https://www.ardentmills.com)**

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