

Veggie Pakoras with Mango Drizzle

We love pakoras, those Indian vegetable fritters that star in so many of our favorite restaurant meals. This week we're elevating them with the addition of kale tossed in a yogurt raita and a delicious mango drizzle.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

- Large Baking Sheet
- Mixing Bowl
- Large Skillet

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper
- Egg (1)
- Milk (1/3 cup)
- Butter (3 Tbsp)

5 MEEZ CONTAINERS

- Kale
- Yogurt Sauce
- Pakora Mix
- Corn, Peas & Green Onion
- Mango Drizzle

Add Protein Instructions

Integrate into recipe: Prior to step 4, cook the protein (per instructions below) and serve alongside the pakoras.

Cook protein: Lightly sprinkle the protein with salt & pepper. Heat a large skillet with 1-2 Tbsp olive oil on medium-high heat (*high for steak.*) When the oil is hot, cook the protein until the:

CHICKEN is crisp and brown, about 4 to 5 minutes per side. Let rest for 5 minutes.

STEAK bottoms are brown and sides start to color, about 4 minutes per side for medium (3 min for med-rare and 5-6 min for well done.) Let rest for 5 minutes.

SALMON is crisp and brown, about 4 minutes per side. Let rest for 5 minutes.

SHRIMP are opaque and no longer grey in color, about 1 minute per side.

Good to Know

Health snapshot per serving – 440 Calories, 15g Protein, 14g Fat, 67g carbs, 14 Freestyle Points.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

**SCAN QR CODE
to view YouTube
cooking video**



INGREDIENTS: Kale, Yogurt, Flour, Rice Flour, Corn, Peas, Green Onion, Mango, Garlic, Cilantro, Ginger, Baking Powder, Turmeric, Fennel, Cumin, Tamarind, Lime, Mustard, Cream, White Pepper, Brown Sugar, Kosher Salt, Mint.

meez meals

1. Get Organized

Preheat your oven to 425.

2. Roast the Kale

Arrange the **Kale** in a single layer on a large baking sheet and drizzle with olive oil, salt and pepper. Bake until the edges start to get crispy, about 12 to 15 minutes. Remove from the oven and add the **Yogurt Sauce** to the kale on the baking sheet. Mix well, then transfer directly to serving plates.

3. Make the Pakora Batter

While the kale is roasting, crack 1 egg into a large mixing bowl and whisk. Melt 1 Tbsp butter in the microwave or on the stove and add to the large mixing bowl along with 1/3 cup milk. Add the **Pakora Mix** and the **Corn, Peas & Green Onion**. Gently stir until all the ingredients are mixed together. (Avoid overworking the batter.)

4. Cook the Pakoras

Melt 2 Tbsp of butter in a large skillet over medium high heat. When the butter is melted, ladle the batter into the skillet using a measuring cup, forming a fritter about 3" in diameter and about 1/2" thick. You should have 3 fritters per serving.

Cook until the pakoras fritters are golden brown, about 3 to 4 minutes per side.

5. Put It All Together

Serve the pakoras on top of the kale and top with a generous helping of the **Mango Drizzle**. Enjoy!

If you have a large microwave-safe glass bowl, melt the butter in it, then add the egg and other ingredients.

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois