



INGREDIENTS

- 2 Pounds Potatoes (sliced thinly)
- 1 Cup Flour (enriched or whole grain rich)
- 2 Teaspoons Ginger (minced)
- 2 Tablespoons Rice or Corn Flour
- 2-4 Teaspoons Cumin or Coriander or Carom Seeds
- 1-2 Teaspoon Sriracha
- ½ Cup Fresh Herbs (coriander, parsley or cilantro)
- ¾ Cup + Extra Water
- 1 Teaspoon Salt

DIRECTIONS

1. In a large bowl combine flour, rice flour, ginger spice, hot pepper, salt and herbs.
2. Add water a little at a time, enough to form a thick paste that coats the back of a spoon.
3. Put potatoes in the same bowl, a small batch at a time and make sure each slice is coated in spice blend.
4. Let it rest for about 5-10 minutes to absorb the flavor.
5. Heat up a large skillet or cast iron with oil on medium-high heat.
6. Pan-fry the bhajias in batches, turning once, until golden brown, about 3-4 minutes. Do not overcrowd the pan.
7. Repeat process until all the potatoes are cooked.
8. Using a slotted spoon, transfer bhajias to pan lined with paper towels.
9. Serve warm with ketchup or chutney.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Snack

YIELD

4¾ Cups

PORTION SIZES

Toddler: ½ Cup
Preschool: ½ Cup
School Age: ¾ Cup
Adult: ½ Cup