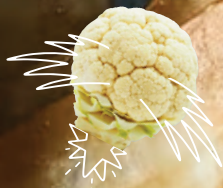


**SHEFFIELD'S
SWEET ENOUGH**



**CAULIFLOWER
PAKORAS**

SHEFFIELD IS SWEET ENOUGH

Sheffield is Sweet Enough and Co-op have joined forces to help local people tackle the problem of too much sugar. By cooking more meals at home you can take full control of the ingredients and reduce your family's sugar intake. All of our recipes are lower in sugar, nutritious and delicious. Enjoy!

Cauliflower pakoras

 Vegetarian

Made with a moreish, spicy batter, these low-fat nuggets are baked rather than fried.

 Feeds 4  Ready in 35 minutes

Each serving contains

Energy	Fat	Saturates	Sugar	Salt
13%	Low 12%	Low 10%	Low 12%	Low 12%
1096kJ 261kcal	8.5g	2g	8.5g	0.66g

% of adult's reference intake | Carbohydrates per serving: 29g

**SHEFFIELD'S
SWEET ENOUGH**

Ingredients

- 1 Co-op British cauliflower, cut into florets
- 2 Co-op British eggs
- 2 tsp turmeric
- 4 tsp curry powder
- 1 tsp chilli powder
- 6 tbsp Co-op 0% fat Greek style natural yogurt
- 100g breadcrumbs
- 1 tbsp sunflower oil
- Sliced red chilli (optional)



Method

1. Preheat the oven to 220°C/fan 200°C/Gas 7 and line a baking tray with greaseproof paper
2. Cook the cauliflower florets in a pan of boiling water for 2 mins
3. Drain and refresh under cold water
4. In a bowl, beat the eggs, stir in the turmeric, curry powder, chilli powder and yogurt, then season
5. Add the cauliflower florets and toss until coated
6. Put the breadcrumbs on a plate and roll the florets in them to coat
7. Arrange on the baking tray, drizzle with the oil and bake for 18-20 mins, until golden
8. Garnish with slices of red chilli, if using

