



Air Fryer Vegetable Pakoras

2 servings

45 minutes

Ingredients

- 1 Sweet Potato (small, peeled, finely sliced)
- 1 Zucchini (medium, grated)
- 1/2 cup Red Onion (thinly sliced)
- 1/2 tsp Sea Salt (divided)
- 2 tbsps Chickpea Flour
- 1 tsp Curry Powder
- 1/4 tsp Ground Ginger
- 1/4 tsp Garlic Powder
- 4 grams Avocado Oil Spray

Nutrition

Amount per serving	
Calories	116
Carbs	24g
Fiber	5g
Sugar	8g
Protein	4g
Cholesterol	0mg
Sodium	640mg
Vitamin A	9421IU
Vitamin C	22mg
Calcium	53mg
Iron	1mg
Vitamin D	0IU

Directions

- 1 Add the sweet potato to a steamer basket over boiling water and cover. Steam for five to seven minutes or until fork-tender. Place the steamed potato in a large bowl and mash it.
- 2 Place the zucchini and onion in a colander, sprinkle with half of the salt, and set aside for five minutes. Squeeze out the excess water, then add the mixture to the bowl with the sweet potato.
- 3 Add the chickpea flour, curry powder, ground ginger, garlic powder, and remaining salt to the bowl.
- 4 Preheat the air fryer to 370°F (190°C). Divide the batter evenly into patties approximately three inches (8 cm) in diameter. Lightly spray the basket and add the patties.
- 5 Cook for eight minutes, flip, and cook on the other side for another eight minutes until crisp. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Freeze for up to three months.

Serving Size: One serving is two pakoras.

More Flavor: Add fresh cilantro or green chili to the mix.

Serve it With: Mint chutney, tamarind chutney, hot sauce, or yogurt dip.

Avocado Oil Spray: One gram (or 1/16 oz) of avocado oil spray is equal to a one-second spray.