

Aloo tikka (potato cakes)

Serves 4-6



Ingredients (allergens in bold)

- 400 - 450g potatoes - boiled until very soft or baked in jackets
- 4 skinny spring onions - finely chopped
- 1 or 2 chillies - finely chopped
- 2 heaped tablespoons fresh coriander leaves - finely chopped
- 1 level teaspoon turmeric
- 1 level teaspoon ground cumin
- 25g gram flour
- 1 **egg** - beaten
- 1-2 tablespoons olive oil or rape seed oil

Method

1. Heat the oven to 200 °C/Gas 6.
2. Place the cold, boiled potato or scooped out baked potato in the mixing bowl. Add the chopped spring onions, chillies, coriander, turmeric, cumin, gram flour and beaten egg and work them into the potato with a fork.
3. Take heaped dessert spoons of the mixture and use your hands to shape into even sized balls. Flatten each ball slightly and set aside to chill for about 30 minutes.
4. Brush each potato cake with a thin layer of oil and place on the baking tray.
5. Bake for 20-30 minutes, turning them over with a spatula or fish slice half-way through cooking to crisp both



Equipment

- chopping board
- sharp knife
- tablespoon
- mixing bowl
- fork
- teaspoon
- dessert spoon
- pastry brush (or your finger)
- baking tray
- fish slice

Recipe notes and tips

- Left-over vegetables like spinach and cabbage can be added to the potato mixture.
- Add more or less chilli to suit how hot you like your food.
- Wear gloves to chop the chilli if you are sensitive to the burning sensation.