



Oven Baked Onion Bhajis



DIFFICULTY: EASY



PREPARATION TIME: 15
MINUTES



COOKING TIME: 25 MINUTES



SERVES: 20

Ingredients

3 medium onions – approx. 500g, finely sliced

1 tsp salt

2 long green chilli, finely chopped

2 tsps finely chopped ginger

1/4 cup chopped coriander

1 tsp turmeric

1/2 tsp ground coriander

1/2 tsp ground cumin

1 cup besan flour

1/2 tsp baking powder

2 tbsps rice bran or canola oil

Salt, to taste

1 tbsp rice bran or canola oil – extra

Raita

1 small cucumber, peeled & seeded

1/4 cup chopped mint

200g natural yogurt

Method

Combine the sliced onions and the salt in a bowl and toss well to combine. Allow to stand for one to two hours.

Preheat oven on CircoTherm to 190°C. Squeeze any excess moisture from the onions and combine with the chilli, ginger, coriander & spices. Sift the flour and the baking powder over the onions then mix well. The mixture will form a batter to bind the onions. Mix in the oil and season with salt.

Line the universal pan with baking paper. Spoon 20 even sized onion balls onto the tray. Flatten the balls slightly and brush with the extra oil.

Bake on shelf position 3 for 22 to 25 minutes or golden and cooked.

While the Bhajis are cooking, prepare the Raita. Grate the cucumber and squeeze out any excess moisture. Combine with the mint and yogurt, season with salt and mix well.

Serve the Bhajis with Cucumber Raita.

Salt

Notes
