



Herb & spice paneer fritters

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



99 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tsp cumin seeds
- ☐ 227 g pack paneer grated (Indian cooking cheese, available from supermarkets and Asian grocers)
- ☐ 1 handful coriander sprigs finely chopped
- ☐ 1 handful mint leaves finely chopped
- ☐ 1 spring onion finely chopped
- ☐ 1 piece thumb-size ginger grated
- ☐ 2 garlic cloves finely grated crushed
- ☐ 2 eggs beaten

- ☐ 2 tbsp flour plain
- ☐ 12 servings unrefined sunflower oil for frying
- ☐ 12 servings lemon wedges and chilli sauce sweet

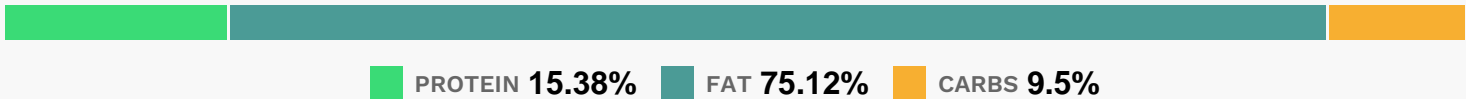
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ mixing bowl

Directions

- ☐ Toast the cumin seeds in a large, non-stick frying pan for about 1 min, shaking the pan until a shade darker, taking care not to burn.
- ☐ Remove from the heat and place the seeds in a mixing bowl.
- ☐ Add everything else, except the oil, lemon and chilli sauce, to the bowl. Season well and mix very thoroughly. Using wet hands, take walnut-size handfuls of the mixture, then press into flat little cakes, like fish cakes or patties. They can now be chilled until ready to cook, or cooked straight away.
- ☐ Reheat the pan over a medium flame and add enough oil to cover the base of the pan. When hot, add the fritters, cook until golden underneath, then turn over and cook until golden all over. Be careful as they may splutter slightly.
- ☐ Drain on kitchen paper and keep warm as you cook batches.
- ☐ Serve with lemon wedges and sweet chilli sauce.

Nutrition Facts



Properties

Glycemic Index:15.75, Glycemic Load:0.77, Inflammation Score:-1, Nutrition Score:2.0530434769133%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg,

Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 99.02kcal (4.95%), Fat: 8.3g (12.77%), Saturated Fat: 3.35g (20.94%), Carbohydrates: 2.36g (0.79%), Net Carbohydrates: 2.22g (0.81%), Sugar: 0.55g (0.62%), Cholesterol: 39.76mg (13.26%), Sodium: 26.04mg (1.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.82g (7.64%), Calcium: 99.48mg (9.95%), Vitamin E: 1.25mg (8.33%), Selenium: 2.77µg (3.95%), Vitamin K: 3.3µg (3.14%), Vitamin B2: 0.04mg (2.54%), Iron: 0.35mg (1.96%), Phosphorus: 18.48mg (1.85%), Vitamin A: 88.49IU (1.77%), Folate: 7.06µg (1.76%), Manganese: 0.03mg (1.65%), Vitamin B5: 0.13mg (1.26%), Vitamin B6: 0.02mg (1.12%), Vitamin B12: 0.07µg (1.09%), Vitamin B1: 0.02mg (1.07%)