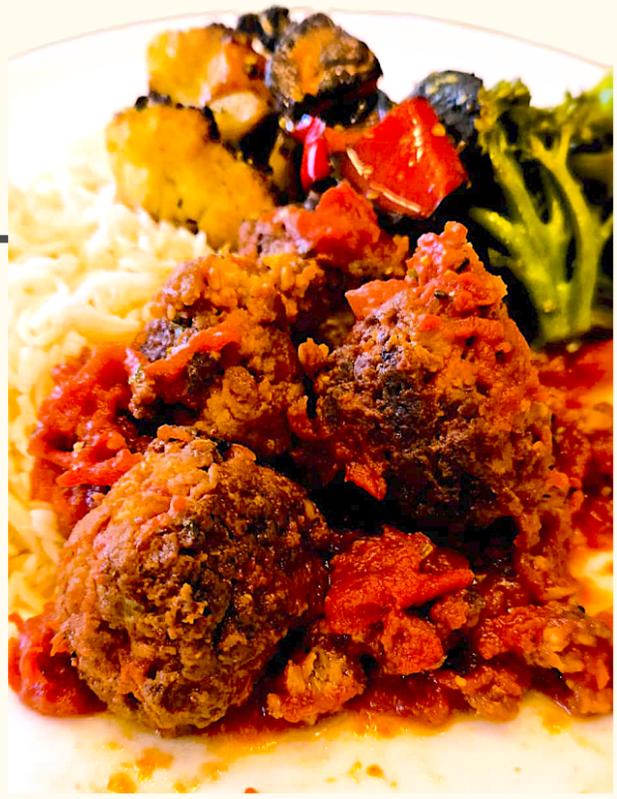


Kofta Recipe

Vegetarian koftas are a delicious and versatile dish that can be enjoyed as an appetiser, side, or main course. These flavourful, spiced balls are made from a blend of vegetables, cauliflower, cabbage, chickpea and are often paired with a rich and creamy gravy. Perfect for special occasions or a cozy dinner, vegetarian koftas offer a wonderful way to enjoy plant-based comfort food with a burst of spices and textures. Whether served with rice, naan, or as a standalone snack, these koftas are sure to impress!



Sample Recipe

	Recipe serves	Prepared for
	4	4

Ingredient	Amount		Scaled amount	
Grated Cauliflower (Cups)	2	----	2	----
Grated Cabbage (Cups)	2	----	2	----
Chickpea Flour (Cups)	1 1/2	----	1 1/2	----
Ground Cumin (tsp)	1	----	1	----
Salt (tsp)	1 1/2	----	1 1/2	----
Garam Masala (tsp)	1	----	1	----
Cayenne (tsp)	1/2	----	1/2	----
Oil for deep frying		----		----
Sauce :				
Olive Oil (Tbsp)	3	----		----
Bay Leaves	2	----		----
Butter (Tbsp)	1	----		----
Tomato Puree (Cups)	4	----		----
Dried Basil (tsp)	1	----		----
Salt (tsp)	2	----		----
Freshly ground Black Pepper (tsp)	1/4	----		----
Sugar (tsp)	1 1/2	----		----

Shopping List

Ingredients	Have it	Quantity
Grated Cauliflower (Cups)	<input type="checkbox"/>	
Grated Cabbage (Cups)	<input type="checkbox"/>	
Chickpea Flour (Cups)	<input type="checkbox"/>	
Ground Cumin (tsp)	<input type="checkbox"/>	
Salt (tsp)	<input type="checkbox"/>	
Garam Masala (tsp)	<input type="checkbox"/>	
Cayenne (tsp)	<input type="checkbox"/>	
Oil for deep frying	<input type="checkbox"/>	
Sauce :	<input type="checkbox"/>	
Olive Oil (Tbsp)	<input type="checkbox"/>	
Bay Leaves	<input type="checkbox"/>	
Butter (Tbsp)	<input type="checkbox"/>	
Tomato Puree (Cups)	<input type="checkbox"/>	
Dried Basil (tsp)	<input type="checkbox"/>	
Salt (tsp)	<input type="checkbox"/>	
Freshly ground Black Pepper (tsp)	<input type="checkbox"/>	
Sugar (tsp)	<input type="checkbox"/>	
	<input type="checkbox"/>	

Sample Instructions

1. Combine all the kofta ingredients in a bowl until well mixed. Roll the mixture into 24 balls. Heat the oil for deep-frying in a wok or deep pan over fairly high heat to about 180 °C. Carefully drop 6-8 balls.
2. Fry the koftas for 2-3 minutes or until they rise to the surface and start to colour.
3. Reduce the heat to low, and fry for another 8-10 minutes, or until they are a deep reddish brown.
4. Remove and drain on paper towels. Increase the oil temperature to its original temperature and repeat the frying procedure for the remaining batches of koftas.

To air fry/oven bake :

1. Spray the koftas with olive oil or use a pastry brush to coat lightly with olive oil.
2. Cook in a pre-heated air fryer or oven at 190°C (fan forced) for 20-25 mins, turning over halfway through the cooking.
5. Serve : soak the koftas in the hot sauce 10 mins before serving time to allow them to fully soak and become plump and succulent.

For Sauce :

1. Heat the oil and butter in a saucepan over moderate heat. When hot, drop in the bay leaves and sauté for 1 min or until fragrant.
2. Stir in the tomato puree and basil. Raise the heat, bring in to boil, reduce the heat and simmer for 10 minutes or until a little reduced. Add in salt, pepper and sugar, remove from the heat and keep warm.

