



Carrots And Coriander Fritters Recipe

By Nithya Anantham

Carrots and Coriander Fritters are delicious, healthy and a great recipe to pack in your kids lunch box.

Carrots and Coriander Fritters are a healthy way of including carrots into the diet. Usually fritters are fried in oil, however we have adapted the healthy method of pan searing them over the skillet with minimal oil. Also, chickpea flour is added to bind the ingredients together and to make you feel fuller.

Did you know - Carrots are a storehouse of Vitamin C and beta carotene making it perfect to boost the immune system and giving us a healthy heart and skin.

Serve the Carrots and Coriander Fritters Recipe along with Milk for kids evening snacks or include it into their lunch boxes. You can also serve it with Chutney for your teatime snack.

Cuisine: Indian Course: Snack Diet: Vegetarian
Equipments: Hard Anodised Frying Pan / Omelette Pan

Prep Time: 10 Min Cook Time: 20 Min Total time: 30 M
Makes: 2 Servings

Ingredients

- *4 Carrots, grated*
- *1/2 cup Coriander Leaves, finely chopped*
- *3 tablespoons Chickpea flour*
- *1 Green Chili, finely chopped*
- *Salt, to taste*
- *Oil, for brushing*

Directions

- 1. Grate the carrots and set them aside in a bowl.*
- 2. Add the chopped coriander leaves, green chilli, chickpea flour, season with salt and mix well.*
- 3. The carrots will eventually release water which will help in binding all the mixture together.*
- 4. The batter will be little thicker than the usual pancake batter.*
- 5. Now, heat the skillet on medium flame, brush it with oil.*
- 6. Pour a ladle full of the batter and carefully spread it out to form small disc.*
- 7. Pour oil over the sides and let it cook for 2 minutes.*
- 8. Once the bottom is cooked, flip over and cook the other side for another 2 minutes.*
- 9. Remove it on a plate and proceed with making the next fritter with the remaining batter.*
- 10. Serve*

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