

Carrot and Zucchini On Pappadums Recipe

Ingredients:

1 tablespoon vegetable oil
2 garlic cloves, crushed
1 teaspoon minced chili
1 teaspoon cumin seeds
1 kaffir lime leaf, finely sliced
2 medium carrots, peeled and grated
2 medium zucchini, grated
2 tablespoons chopped parsley
2 tablespoons chopped mint
100g packet plain mini pappadums
½ cup light sour cream, to serve

Method:

Heat oil in a frying pan on medium. Cook garlic, chili, cumin and lime leaf for 2 minutes. Add carrots and zucchini, and cook for 2-3 minutes, until vegetables are tender. Remove from heat. Stir through parsley and mint. Season to taste. Cool.

Microwave pappadums according to packet instructions. Spoon 1 tablespoon carrot mixture into center of each pappadum and top with a little chutney. Serve with sour cream.

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