

Epping
Forest

foodbank



BROCCOLI

TIKKI

SERVES 2



BROCCOLI TIKKI

Ingredients

250g broccoli

1 can potatoes

1 tsp oil

3 spring onions

1 tbsp tikka (or other curry) paste

Salt (optional)

10g coriander (optional)



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Recipe

- 1 | Drain the potatoes, and grate into a bowl.
- 2 | Chop the broccoli into very small pieces.
- 3 | Heat the oil in a large frying pan, then add the broccoli and the salt (if using). Mix together, then add the curry paste and cook for 6-7 minutes until the broccoli has softened.
- 4 | Remove the mixture from the heat and allow to cool.
- 5 | Add a little potato to the mixture and mix it together; keep adding potato a small amount at a time until the mixture has combined.



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Recipe cont.

- 6 | Add the spring onions and coriander (if using) to the mixture, and stir together. Wet your fingers (to stop the mixture from sticking to your fingers), and mould the mixture into patties.
- 7 | Heat a frying pan, and cook the patties for 2-3 minutes on each side, until they're brown.



BROCCOLI TIKKI

Cost

Broccoli - 40p

Potatoes - 39p

Oil - 2p

Spring Onions - 21p

Curry Paste - 18p

Coriander - 23p

TOTAL - £1.43

