

# Vegetable Tikki



This is a great fridge-raider recipe or a handy way to use

your leftover roast vegetables.

If you don't have leftover roast vegetables then just boil up a few carrots and potatoes

### **Ingredients**

leftover roast vegetables  
handful of fresh coriander, roughly chopped  
pinch of chaat masala  
pinch of salt  
3 tbsp cornflour  
3 tbsp sunflower oil  
pitta bread  
hummus

### **Method**

- Add the vegetables to a blender and blitz into a thick paste.
- Transfer the mixture into a bowl. Add the coriander, chaat masala, salt, and cornflour. Mix well.
- Take a lime-sized piece of mixture and form into a flat ball. Repeat the process with the rest of the mixture.
- Add the oil to a hot pan. Once hot, add the vegetable balls and cook on both sides until golden.
- Toast your pitta. Spread some butter and hummus (I like to make my own [lemon and coriander hummus](#)) inside the pitta. Add the vegetable tikki.

Enjoy!