

Mixed Vegetable Tempura

Recipe recommended by ANISSA LEE
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MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	690kj	8%
Energy (kcal)	164kcal	8%
Fat	5.8g	8%
of which saturates	1.2g	6%
Carbohydrate	26g	10%
of which sugars	4.1g	5%
Fibre	1.8g	7%
Protein	1.4g	3%
Salt	0.37g	6%

Generated by Nutritics v5.61 on 18/08/2022

INGREDIENTS: (Serves 2- 304 kcal per 185g serving)

- 75g Tempura flour (**GLUTEN**)
- 120g Cold water
- 135g Sweet potato, raw, flesh only, grated into thin pieces
- 60g Carrots, raw, flesh only, grated into thin pieces
- 80g Courgette, raw, grated into thin pieces
- 20g Oil, peanut (groundnut)* (**PEANUT**)

OPTIONAL EXTRAS:

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METHOD:

1. Heat the peanut oil in a pot or deep fryer until all bubbles are gone.
2. In a mixing bowl, combine the tempura flour and cold water until a smooth batter forms.
3. Mix the sweet potato, carrots and courgette together in a bowl.
4. Take a handful of the vegetable mix and lightly dip into the tempura batter, quickly then place it into the pot to fry.
5. Cook the tempura for around 8 minutes or until it is golden brown and crispy.
6. Place the cooked tempura on a plate with kitchen paper in order to soak the excess oil.
7. Serve the tempura on a clean plate and enjoy!

ALLERGENS



PEANUTS



GLUTEN

MODIFY

*peanut oil can be swapped out for vegetable or sunflower oil

CREDIT

Recipe by: Anissa Lee
Photo by: Anissa Lee