



# Onion Bhajis

Prep Time: 5 Minutes      Cook Time: 30 Minutes      Serves 12

This dish offers a healthy alternative to the popular takeaway side/starter. It can be paired with a yummy curry.

## Ingredients:

3 red onions  
1 sweet potato  
2 eggs  
1 tsp ground cumin  
1 tsp ground coriander  
1 tsp garam masala  
Salt and pepper to taste  
Low calorie cooking spray



## Method:

1. Preheat the oven to 180°C.
2. Peel and cut the red onions into thin slices. Peel and cut the sweet potato into manageable chunks. Using a normal cheese grater, grate the sweet potato.
3. Put the onions and sweet potatoes into a large bowl and add the two beaten eggs, salt, pepper and the spices.
4. Mix thoroughly.
5. Line a baking tray with greaseproof paper and spray liberally with low calorie cooking spray. Roll the mixture into rough balls. Place onto the baking tray so they're not touching each other. Once arranged, spray again with low calorie cooking spray.
6. Place in the oven for 20-20 minutes depending on the size of the bhajis.
7. About half way through, turn them over using a spatula and spray again with low calorie cooking spray.
8. Once cooked serve however you like.



## Helpful tips:

- A cool yogurt mint sip would pair perfectly with these.
- Once made they should ideally be eaten within 4 hours. If there are any leftovers make sure they are cooled, and they can be stored on the fridge for up to 3 days.
- The bhajis can be frozen, they need to be frozen as soon as they are cooled and must be in a suitable container for freezing.