

HOW TO USE · PAV BHAJI MASALA

PAV BHAJI

Tangy, spiced and buttery. Mash it, simmer it, pile it on a soft bun.

SERVES	PREP	COOK
4	20 min	35 min

INGREDIENTS

- 3 potatoes (about 500 g), peeled and chopped
- 1 carrot, chopped
- 2 cups (about 300 g) cauliflower florets
- 1 cup (150 g) frozen peas
- 3 tbsp butter, plus extra for the pav
- 1 large onion, finely diced
- 1 capsicum, finely diced
- 3 tomatoes, chopped
- 2 tbsp Pav Bhaji Masala
- Salt, to taste
- 8 soft bread rolls (pav)
- To serve: chopped red onion, coriander and lemon wedges



METHOD (stovetop)

1. Boil the potato, carrot and cauliflower in water for 15 minutes, until very soft. Add the peas for the last 3 minutes. Drain and roughly mash.
2. Melt the butter in a large pan over medium heat. Cook the onion 6 minutes, then add the capsicum and cook 3 minutes.
3. Add the tomatoes and cook 8 minutes, until pulpy.
4. Stir in the Pav Bhaji Masala and cook 1 minute.
5. Add the mashed vegies and 1 cup (250 mL) water. Mash in the pan and simmer 10 minutes. Season with salt.
6. Toast the pav in butter. Serve the bhaji topped with a knob of butter, red onion and coriander, with lemon wedges.

PAV BHAJI

PRESSURE COOKER OPTION

10 min under pressure

Faster mash

1. Add the potato, carrot, cauliflower and 1½ cups (375 mL) water to the cooker. Follow your cooker's instructions to cook for 10 minutes under pressure, then release safely.
2. Add the peas and mash.
3. Make the tomato and masala base in a pan as on the front, then stir in the mash and simmer 5–10 minutes.

PAV BHAJI TOASTIE

5 min

Great with leftovers

1. Spread leftover bhaji on a slice of bread, top with grated cheese and a second slice.
2. Toast in a sandwich press or buttered pan until golden and melted.
3. Serve with chopped onion and a squeeze of lemon.

MAKE AHEAD AND FREEZE

Freeze up to 3 months

Batch cook

1. Cool the bhaji quickly, then freeze in portions.
2. Thaw in the fridge overnight.
3. Reheat until steaming hot (75°C), adding a splash of water if it is thick.

OTHER WAYS TO USE IT

→ Stir 1 tbsp through mashed potato for a spiced side.

→ Toss 1–2 tbsp through roast cauliflower or potatoes.

→ Stir through scrambled eggs with chopped tomato and coriander.

SALT-FREE BLEND season your bhaji with salt to taste.