

# Aloo Tikki

## Spicy potato cakes

COST	DIFFICULTY	TIME
CHEAP	EASY	QUICK
▼ AFFORDABLE	▼ MEDIUM	▼ MEDIUM
▲ EXPENSIVE	▲ HARD	▲ LONG

### About

Aloo Tikka are tasty potato cakes with onion and spices. A typical Indian street food, these ones are baked instead of fried which is good for a healthier diet. They would be nice served with a salad and a minty yogurt dip for dinner. They're also great in a lunchbox!

**Tip:** If you have any root veg mash leftover, this can be mixed with the other ingredients instead of cooking potatoes.

### Appliances needed

Oven or Air Fryer

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FUTURES**

**Barking &  
Dagenham**

## Ingredients

400g potatoes boiled until very soft/root veg mash  
4 skinny spring onions  
1 or 2 chillies  
Fresh coriander  
2 level teaspoons fresh turmeric  
1 level teaspoon ground cumin  
25g gram flour (chickpea flour)  
1 egg beaten  
1-2 tablespoons olive oil

Optional: you can add in things like frozen peas or sweetcorn for extra healthy tikki!

## Equipment

chopping board  
a sharp knife  
a baking tray  
a mixing bowl  
a measuring jug and kitchen scissors  
a fish slice/spatula  
a table knife  
a fork and a set of spoons

## Method (steps)

You can watch a video of this dish by scanning the QR code:



For ovens: Turn on the oven so it is nice and warm: preheat to 200/Gas mark 6.

Prepare potatoes:

1. Cook the potatoes until very soft
2. Cut the baked potato in half
3. Scoop out the soft potato with a spoon and put it in a mixing bowl
4. Using a fork, mash the potato against the edge of the bowl until there are no more lumps (tilt the bowl to make this easier)

Chopping:

1. with a knife, slice the spring onions into skinny slices
2. chop the chilli finely
3. if you like coriander, using a scissors, snip the coriander leaves into small pieces in a jug
4. add all the ingredients to the bowl with the potatoes



Add the dry ingredients:

1. tip in the turmeric, the ground cumin and gram flour into the bowl
2. using a tablespoon mix all the ingredients together in the bowl

Add the egg:

1. Crack the egg into a small bowl and mix it with a fork
2. Add the egg to the potato and mix well (if the mixture is a bit sloppy add some extra gram flour so it's easier to handle)

Time to cook:

1. lightly grease the baking tray or put some greaseproof paper on the tray
2. shape the mixture into little cakes by taking dessert spoons of the mixture and rolling them each into a ball in your hands
3. place each ball onto the greased baking tray and press it down with your fingers (try to make them the same size)
4. leave a bit of space on the tray between each potato cake
5. brush the tops with a little more oil (use a pastry brush if you have one but if not, you can use the tips of your fingers)
6. Bake for 30 minutes and flip them over halfway through cooking (after 15 minutes!)

## Serving suggestions

- Serve with a salad or sticks of carrot/cucumber etc
- Serve with natural yogurt and chutney or piccalilli
- Serve with any meal like breakfast, or with baked fish and sweet chilli sauce for dinner.

