



BENDIGO
Foodshare



Pani Puri



Bendigo **Community
Health Services**

Ingredients: makes 48

Pani puri and filling

- 8 cans chickpeas, drained
- 8 large potatoes, cut into 3cm cubes
- 2 bunch mint, chopped
- 2 bunch coriander, chopped
- 4 birdseye chilli, finely sliced
- 48 pani puri shells

Dressing

- 240g tamarind puree/paste
- 4 tablespoon sugar
- 2 tablespoon ground cumin
- 2 tablespoon chaat masala
- 2 lemon – juice only
- 600ml cold water
- Salt to taste

Method:

Prepare all ingredients:

- 1. Peel and dice potato. Boil.**
- 2. Drain chickpeas**
- 3. Wash and chop herbs and chilli**
- 4. Mix chickpeas, cooked potato, chopped herbs and chilli together in a bowl.**
- 5. In a separate bowl or jug, mix the dressing ingredients thoroughly.**
- 6. Pour half the dressing over the chickpea mixture in and stir.**
- 7. Mix the other half of the dressing with iced water, season and add more herbs. Leave in the fridge till ready to serve (at least one hour is good, to allow flavour to develop).**
- 8. Deep fry the pani puri shells.**
- 9. To assemble: Make a small hole in the pani puri shell with your thumb or the back of a teaspoon. Layer spoonful of chickpea filling and dressing into pani puri shells.**

Note:

All elements can be pre-made and set aside. Assemble when ready to eat so your stuffed pani puris don't get soggy.