gitamistry

Red and orange pepper coconut mutias with mango chilli cheese dip

(Serves 2)

Ingredients

3 tbsp gram flour
2 tbsp rice flour
1 tbsp cornmeal flour
100g green cabbage
2 tbsp fresh breadcrumbs
150g sweet red and orange peppers
2 tsp fresh grated ginger
1 tsp black sesame seeds
½ tsp white sesame seeds
Salt to taste
1 tsp paprika
½ dried pomegranate powder
1 tbs fresh grated coconut

For the dip

125g cottage cheese
¼ of a fresh sweet mango
¼ of a red fresh chilli (deseeded)
Pinch of paprika
Pinch of dried mango powder
Good squeeze of lemon juice

Preparation

Finely slice the peppers. Finely shred the cabbage in a processer and grate the ginger and coconut flesh. Prepare the breadcrumbs using a food processer. Set aside.

Method

(For the mutias)

1. In a large bowl, mix all the ingredients until a dough forms, add a trickle of water if needed but not too much as this will loosen the mixture.
2. Separate into small pieces and make into balls.
3. Steam them for 12-15 mins.
4. Once cool they can be brushed with a little rapeseed oil and baked in a hot oven 180°c/350°f /mark 4 for 12 mins or until edges are crispy.

(For the dip)

1. Cream the cottage cheese in a bowl using a wooden spoon or push through a fine mesh sieve.

2. Mash the mango and add into the cheese, together with the lemon juice.

3. Add the pinch of paprika and mango powder and finely sliced fresh red chilli, stir and serve.