



Hara Bhara Kabab

Spinach & Sweet Potato Patty

Time: 35 Minutes | Yield: 8 Kababs | Serving Size: 2 Kababs | Calories: 100/serving | Cost: \$1.64/serving

About the Recipe

Hara Bhara Kabab is a common snack food in India. Enjoyed by many for its simplicity and vegetarian preparation, it is a great way to add green vegetables to a filling snack or meal. We are serving it with a traditional Indian **raita**, or cucumber-yogurt sauce for dipping. You can try adding different vegetables to the Hara Bhara Kabab, or even changing the type of potato – just make sure you squeeze out excess moisture from high-moisture vegetables.

Ingredients for

1 whole Sweet Potato (large)
1 cup Spinach
2 tsp Garlic
2 tsp Ginger
1 cup Green Peas (frozen)
¼ cup Hatch Green Chiles
½ tsp Garam Masala
2 tsp Salt
1 tbsp Lemon Juice
2 tbsp Cilantro
3 tbsp Whole Wheat Flour
½ cup Breadcrumbs
5 tsp Olive Oil

Hara Bhara Kabab

1. Fill a large pot with water and bring it to a boil, adding 1 tsp of salt to the water. Peel and cut the potatoes into large cubes. Add the potatoes to the boiling water and allow to cook until the potatoes can be easily pierced by a fork, but are not mushy, normally 8-12 minutes. Drain and set aside.
2. Rinse the spinach and drain it, squeezing out extra moisture. Peel and chop the ginger and garlic into fine pieces.
3. Add 1 tsp of olive oil to a large pan over medium-high heat. Add the garlic, ginger, green peas, hatch green chiles (with their liquid) to the pan. Cook until peas are tender.
4. Add the spinach, garam masala, salt, lemon juice, and cilantro. Cook until spinach is wilted and most of the liquid is gone, stirring frequently. Remove from heat and allow this mixture to cool.
5. In a large bowl mash together the potatoes, pea mixture, breadcrumbs, and flour. You want the mixture of be crumbly, not sticky. If it is too dry you can add a little bit of water. If it is too wet you can add a little bit of breadcrumbs or flour.
6. Portion the dough into 10 round spheres using a ¼ measuring cup to portion and then shaping them like a patty.
7. In a pan over medium high heat, add 2 tsp of oil and then once hot, pan fry your hara bhara until a nice golden crust forms, about 5 minutes on each side.
8. Serve warm with Raita Dipping Sauce.

Ingredients for

½ cup Plain Greek Yogurt (Low Fat)
1 whole Cucumber (large)
¼ tsp Coriander
¼ tsp Cumin
¼ tsp Black Pepper

Raita Dipping Sauce

1. Peel the cucumber. Scrape out the seeds using a spoon and discard them. Chop or shred the cucumber into thin, small pieces.
2. Combine the cucumber, yogurt, and spices until well mixed. Enjoy!