



## ***Recipe Corner***

### **Cassava Flour Tempura**

**Ingredients:** A Selection of fresh vegetables like egg plant, okra, green chilies, sliced potatoes etc.

Half a cup of *Friend's Fiji Style*® Cassava Flour



#### **Method:**

Wash, dry, slice your vegetables of choice for frying.

Prepare a thin consistency batter from *Friend's Fiji Style*® Cassava Flour, salt and water.

Heat oil. Dip vegetables into the batter and fry until the batter is a light golden color.

*Tempura is of Portuguese origin, and is a popular Japanese dish of seafood or vegetables that have been battered and deep fried.*