

Air Fryer Onion Bhaji

Crispy Indian fritters made healthier with air frying instead of deep-frying. These spiced onion and carrot bhajis deliver authentic flavor with minimal oil.

Prep: 15 min

Cook: 35 min

Total: 50 min

Servings: 10

GL 2.1 / GI 29

Ingredients

gram flour

garam masala

paprika

optional fennel seeds, lightly crushed

large onion, quartered and thinly sliced

large carrot, coarsely grated

fresh coriander, finely chopped

low-calorie cooking spray

plain unsweetened soya yogurt with added calcium

fresh mint, chopped

fresh mint leaves for garnish

green chilli, deseeded and finely chopped

Instructions

Step 1

In a large mixing bowl, combine the gram flour, garam masala, paprika, fennel seeds if using, and a pinch of black pepper. Whisk together to distribute the spices evenly throughout the flour.

Step 2

Add the thinly sliced onion, grated carrot, and chopped fresh coriander to the spiced flour mixture. Toss everything together with your hands or a spoon until the vegetables are thoroughly coated with the flour and spice blend.

Step 3

Gradually stir in 3 tablespoons of cold water, adding an additional 1-2 tablespoons if needed to create a thick batter that holds the vegetables together. The mixture should be sticky but not runny. Let this stand for 5 minutes to allow the gram flour to absorb the moisture and develop its binding properties.

Step 4

While the mixture rests, preheat your air fryer to 180°C (356°F). Meanwhile, prepare the cooling dip by mixing together the soya yogurt, chopped mint, and finely chopped green chilli in a small bowl. Adjust the chilli to your heat preference. Refrigerate until ready to serve.

Step 5

Divide the bhaji mixture into 10 equal portions. Using damp hands to prevent sticking, shape each portion into a small oval or rugby-ball shape, compressing firmly so they hold together during cooking. Arrange them on a plate.

Step 6

Lightly spray each bhaji with low-calorie cooking spray to promote browning and crispiness. Place 5 bhajis in the air fryer basket, ensuring they don't touch each other. Cook for 8-10 minutes until golden brown and firm to the touch. Transfer the cooked bhajis to a warm plate and cover loosely with foil to keep warm.

Step 7

Repeat the cooking process with the remaining 5 bhajis. Once the second batch is done, you can return the first batch to the air fryer on low heat for 2-3 minutes to reheat if needed. Serve the warm bhajis immediately with the mint yogurt dip, garnished with extra chopped mint and whole mint leaves.