

Patta Gobi Kofta with Kaddu Seed Sauce (my way of trying to say Cabbage Kofta with Pumpkin Seed Sauce)

Ingredients

For the Koftas

2 cups shredded cabbage (I used wombok)
1 red chilli (optional) chopped small
½ cup coriander leaves roughly chopped
¼ to ½ cup besan flour
2 tsp sunflower oil
¼ cup water
1½ tsp cumin seeds
¾ tsp salt
½ tsp baking powder
2 tsp grated ginger
2 cloves garlic minced

For the Sauce

1 large tomato roughly chopped
2 medium red onions roughly chopped
2 tsp coriander seeds
1 tsp cumin seeds
1 tsp fennel seeds
1 tsp poppy seeds
4 tbsp pepitas
4 tbsp shredded coconut
1½ cups filtered water

Method

For the Koftas

1. Place everything in a mixing bowl and mix well. Form balls with the mixture. You will need to pack them together and you may think they wont stick together but they will. I used a ¼ cup measure and packed the mixture in there to make the balls. An ice cream scoop would work too.
2. Bake the koftas for 20 to 30 minutes at 180°C or until golden brown.

For the Sauce

1. Place everything in a wok or saucepan and bring to the boil, then let simmer for 20 minutes.
2. Place everything in a blender and add a little bit more water if the water has evaporated a lot. Blend until smooth.

To Plate Up

Place the sauce in individual bowls and divide the koftas. Garnish with curry leaves or coriander leaves if you have them.

