Vegetable Tempura



⏱ 30 min | 🍽 4 servings

✋ **Deep frying – only with an adult present**

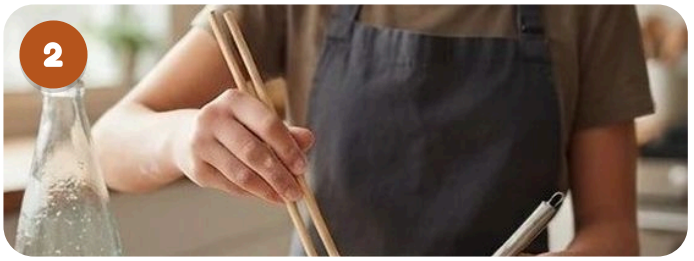
What you need

- ☐ Vegetables: cauliflower, peppers, sweet potato, zucchini, mushrooms
- ☐ 2 tbsp cornstarch
- ☐ A pinch of salt
- ☐ Soy sauce or sweet chili sauce to serve
- ☐ 1 cup flour
- ☐ 1 cup ice-cold sparkling water
- ☐ Oil for frying

How to make it



Slice the sweet potato into thin rounds, break the cauliflower into florets, and cut the peppers into strips. Dry well.



Mix the flour, cornstarch and salt, and add the cold sparkling water – lightly, small lumps are fine!



Dip each vegetable in the batter and fry in hot oil (180°C / 355°F) until the coating is crisp and light golden.



Drain on a rack or paper towel and serve right away with sauce.

💡 **Tip:** The secret: ice-cold water and batter that isn't over-mixed – that keeps the coating airy.