

In This Issue

Living With Srila Prabhupada Srila Prabhupada at Wits University	3	
Durban Krishna News Bhakti Yoga Society Durban April 2025	3	
Exploring the Siksastakam No Other Way	4	
A Glimpse Beyond My Radha Radhanath	5	
Durban Festival of Chariots Highlights 6		
For the Kids Jagannath Flag	11	
The Vaishnava Chef Tofu Kebabs	12	
Calling All Writers & Artists		
Are you an artist or writer? Would you like to see your art or article published in Hare Krishna News? We love to publish local talent.		
Write to the editor, Rasa-sthali Dasi: rasasthali@iskcondurban.net		
Hare Krishna News layout & design by Rasa-sthali Das	i.	
HARE KRISHNA HARE KRISHNA KRISHNA KRISHNA HARE HARE		

HARE RAMA HARE RAMA **RAMA RAMA HARE HARE** EVERY SUNDAY ove ist (a) 1 lam

Discussion on philosophy, chanting & dancing, and a sumptuous vegetarian feast.

Hare Krishna Temple **ISKCON Durban** 50 Bhaktivedanta Swami Circle, Chatsworth

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Vaishnava Calendar

12 Apr Sa	Sri Balaram Rasayatra Sri Krishna Vasanta Rasa
	Appearance of Radha Kunda
18-21 April	Durban Festival of Chariots
23 Apr We	Srila Vrindavana Das Thakur's
	Disappearance
24 Apr Th	Ekadasi
25 Apr Fr	Break fast 06:21 - 08:17
27 Apr Su	Sri Gadadhara Pandit's Appearance
30 Apr We	Aksaya Trtiya
5 May Mo	Srimati Sita Devi (consort of Lord Sri Rama) Appearance Sri Madhu Pandita Disappearance
	Srimati Jahnava Devi Appearance
8 May Th	Ekadasi
9 May Fr	Break fast 06:29 - 10:04
10 May Sa	Sri Jayananda Prabhu's
TO Iviay Sa	-
	Disappearance Nreimba Caturdasi: Appearance of
11 May Su	Nrsimha Caturdasi: Appearance of
	Lord Nrsimhadeva (Fast today)
12 May Mo	Sri Sri Radha-Raman Devaji's
	Sri Paramesvari Das Thakur's
	Disappearance
	Sri Madhavendra Puri's Appearance
	Sri Srinivas Acarya's Appearance
17 May Sa	Sri Ramananda Raya's Disappearance
23 May Fr	Ekadasi
24 May Sa	Break fast 06:38 - 10:08
	Srila Vrindavan Das Thakur's
	Appearance
5 Jun Th	Ganga Puja
	Sri Baladev Vidyabhusana's
	Disappearance
	Srimati Gangamata Gosvamini's
	Appearance
6 Jun Fr	Pandava Nirjala Ekadasi
7 Jun Sa	Break fast 07:57 - 10:11
B Jun Su	Panihati Chida Dahi Utsava
11 Jun We	Snana Yatra
	Sri Mukunda Datta's Disappearance
	Sri Sridhara Pandit's Disappearance
12 Jun Th	Sri Syamananda Prabhu's
12 9411 111	Disappearance
16 Jun Mo	Sri Vakresvara Pandit's Appearance
20 Jun Fr	Sri Srivasa Pandit's Disappearance
21 Jun Sa	Ekadasi
22 Jun Su	Break fast 06:51 - 10:15
25 Jun We	Srila Bhaktivinoda Thakur's
	Disappearance
	Sri Gadadhara Pandita's
	Disappearance
26 Jun Th	Gundica Marjana
27 Jun Fr	Ratha Yatra
	Sri Svarup Damodar Gosvami's
	Disappearance
	Sri Sivananda Sena's Disappearance
30 Jun Mo	Sri Vakresvar Pandit's Disappearance



Srila Prabhupada at Wits University Living with Srila Prabhupada Excerpt from Encounters with A Great Soul – My Fond Remembrances of Srila Prabhupada by Partha Sarathi Das Goswami

Program at the Great Hall—22 October, 1975

The devotees had organized two programs in the Great Hall at Wits University. Wits University is the largest university in Johannesburg, and we used to occasionally do festivals there, especially during the students' orientation week. The crowd was a mixture of students, mostly Indians, but some whites. Prabhupada followed the usual format of *kirtana*, singing "Jaya Radha-Madhava," lecture, questions, and the film. When Prabhupada entered the hall, the SABC [South African Broadcasting Corp] filmed him walking up to the stage. They continued to film the *kirtana*, but left before the talk. ...

The questions came mainly from the white students.

QUESTION: How you reconcile the void . . . God is infinite and He is all places, and you said just now that God has form. To have form would mean that He has . . . He is finite . . . And how could you reconcile these two: He is formless, and He has form. He has form and yet infinite?

PRABHUPADA: The reconciliation I have explained several times. Just like the sun globe, the sun-god and the sunshine. They are one, the light and heat. But still, sunshine is not the sun globe, and sun globe is not the sun-god. This is re-conciliation. Anyone can understand. The three things, they are one by heat and light, but at the same time when the sunshine is within your room it does not mean the sun globe is within your room or the sun-god is within your room. This is the reconciliation.

GUEST (4): Do you believe that Jesus and Buddha and Krsna are manifestations of the same God? Or do you believe Krishna is the only one.

PRABHUPADA: No. They are manifestation of God. That is all right. We say, *kesava dhrta-buddha-sarira jaya jagadisa hare*: "O my Lord Buddha, now you have come as Buddha, but you are the same Krsna." We pray like that.

Bhakti Yoga Society Durban April 2025 DURBAN Krishna News

1st Semester Mid-term Report

- 168 responses received to an on-line poll assessing the needs interests and concerns of campus students connected to BYS
- 6-part "Start Smart" series designed targeted to 1st year students, tailored to poll results
- 360 students joined our Start Smart community during Orientation, this increased to 460 within the next 6 weeks.
- Two additional sessions were offered to students in the faculty of law and commerce
- Attendance at both Westville and Howard College increased by 100-250%
- The rate of students returning to subsequent programs increased by 100-250%
- 53 Students register and pay for a day trip to Giba Gorge and Eagles View Yoga Studio for a hike, yoga, mindfulness and mantra meditation (in partnership with Kirtan Durban)

BYS is grateful to all sponsors who have facilitated our programs over the last months.

What Students Have to Say "Amazing and inspiring" Nqubeko Ndawande

"The last part (*kirtan* experience) was divine. At that moment I forgot everything. Thank you for the opportunity" Ankit Jha, Post Graduate, Chemistry, UKZN

"Vibes and energy were 10/10" Pearl Naidoo

"I felt so spiritually uplifted after that experience. And it's fascinating to witness how you'll are like a little family. I learned so much and met some wonderful funny people...the atmosphere was just amazing." Timika Naidoo

The connection between everyone was spot on! A great experience" Alwande Mthembu

"My favourite experience was the dancing, I found it vibey and the most fun...made me feel like I can be myself." Thapelo Shabhangu

"Rejuvenating, uplifted my spirit!" Nikhita Naidoo

No Other Way Exploring the Siksastakam Part 1 By Gaura Bhumi Devi Dasi

This is an 8-part series exploring the Siksastakam prayers of Sri Caitanya Mahaprabhu.

Lord Chaitanya is God Himself descended in the guise of a devotee, who has come to teach us how to love Krishna. He challenged the caste barriers of India, and questioned the spiritual monopoly held by the so-called *brahmanas* of the time. He firmly re-established the glory of *bhakti* and the potency of chanting holy names as the only means for deliverance in this age.

Lord Chaitanya had an esteemed calibre of followers, many of whom were astute scholars who wrote many books. Ironically, He Himself never wrote a book. The only composition He is credited with is the Siksastakam. These eight verses were spoken by Him at different times and places.

These verses contain the essence of the entirety of Vedic knowledge. For the *bhakti* practitioner, these verses take us through the ideal range of progression in *bhakti*. Lord Chaitanya considered the Siksastakam to be sufficient, and the essence of whatever He had to share with the world.

Text 1

ceto-darpana-marjanam bhava-maha-davagninirvapanam sreyah-kairava-candrika-vitaranam vidya-vadhujivanam

anandambudhi-vardhanam prati-padam purnamrtasvadanam

, sarvatma-snapanam param vijayate sri-krsnasankirtanam

"Let there be all victory for the chanting of the holy name of Lord Krishna, which can cleanse the mirror of the heart and stop the miseries of the blazing fire of material existence. That chanting is the waxing moon that spreads the white lotus of good fortune for all living entities. It is the life and soul of all education. The chanting of the holy name of Krishna expands the blissful ocean of transcendental life. It gives a cooling effect to everyone and enables one to taste full nectar at every step."

The chanter of the pure holy names of Krishna experiences seven perfections:

- the mirror of the heart is cleansed,
- the blazing forest fire of material existence is extinguished,
- one receives the benediction of pure devotional service, which is compared to moonshine spreading the white lily of good fortune,
- the pure holy name is the life and soul of all transcendental knowledge; which is bestowed upon the chanter,
- the blissful ocean of transcendental life expands without limit,
- every step of life is compared to nectar, and
- the self is wholly cleansed of all desires other than for selfless devotional service.

Our heart is likened to a mirror. No matter how much one tries, seeing a reflection through the layers of dust and dirt isn't easy. Human beings view reality and make choices through the view of *upadhis* or designations. These are the opinions and identities we hold close. The longer an object remains dirty, the thicker and grimier the dirt is, eventually solidifying onto the object. The pure chanting of Krishna's holy name is so powerful, that it can destroy millions of sins, impressions, and *upadhis* in one stroke. But the power of our chanting needs to be that strong.

The material world encourages us to hold on to and acquire more *upadhis* as a means of security, yet we continue to stay within the fire of material life, naively thinking it to be a cooling place of relief. The chanter begins to understand that it is in fact the holy name which comes to us as relief and bestows devotion.

The Vedic scriptures share many anecdotes of *bhakti* practitioners who were illiterate, but understood the entirety of spiritual knowledge. How is this possible? The culmination of spiritual knowledge should lead us to devotion, and through a life of devotion, all knowledge will automatically come through the Lord's kindness from within our heart.

Hare Krishna Hare Krishna Krishna Krishna Hare Hare Hare Rama Hare Rama Rama Rama Hare Hare





My Radha Radhanath

is a column in honour of the Temple's 40th anniversary. You are invited to share a memory, a life-changing experience, a direct reciprocation – any indelible impression you have of Sri Sri Radha Radhanath Temple. We will include at least one article in each edition of Hare Krishna News. A compilation of all written offerings will be offered to the Lord and made available online.

Submit your experience here: temple@iskcondurban.net

A Glimpse Beyond My Radha Radhanath By Gaura Bhumi Devi Dasi

It's interesting how the things we do as children shape who we are as adults. Reflecting on my childhood, it seems inevitable that I would serve the Lord in some small way now.

Radha Radhanath were the first deities I ever saw as an infant. Despite living closer to, and serving at the Hillbrow temple, my parents made 14 trips to Durban before my first year to attend the many awe-inspiring programs held at the temple. We would leave home at 2am to make it in time for the 7am greetings and morning class. The day before, my father would pick every single flower from our garden to bring to Radha Radhanath roses, gardenias, carnations, magnolias, marigolds, scented leaves, etc. And miraculously the next day, Radha Radhanath and Mahaprabhu's garlands would carry all those flowers. In many ways, Radha Radhanath are the essence of my childhood. If we were not here for long weekends and major festivals, all we spoke of was how excited we were to come again. Even now, when the altar curtains open for morning greetings, I sometimes still look at Lord Caitanya's garland, expecting to see the purple and white two-tone roses—those same ones I helped my father pick the day before.

Growing up, I knew Radha Radhanath through the lens of my parents' upbringing and interaction, but my own personal relationship with Them began much later. For me, COVID was a time of spiritual growth and a stepping into who I am at my core – Their servant. For almost three years, I served Them daily in various ways, and They took care of me in a way I had never before experienced. Slowly but surely, They wove Their way into my life in such a way that it makes Them the thread which weaves my existence together. I remember the time of the Durban looting, when the temple was under threat. The Lord was moved to a secure location. Rukmini and I had the graveyard shift of keeping watch in the temple room in case things went south. The altar was bare, the air was hollow, and the temple had no essence. Life had left the building, leaving nothing but an eerie void behind. I had never felt this way before – existing yet lifeless, a receptacle of grief. It is a pain I will never forget, for in that moment I truly realised the life Radha Radhanath bring, not just to me, but to the world.

At different times of my life, I've tried to live life a little materially independently, as everyone does. But through those different circumstances Radha Radhanath have always brought me back to Them, as if to say, "What are you doing? Life only works when We are in the centre of it." Radha Radhanath are many things to me, and to all of us – the Lords of our heart, our home, our safe space, our Friends. To me, They are the foundation of my faith, and the Object of my service and prayer. Their mercy is what makes me, me. Their acceptance keeps me brave. Their generosity makes me wealthy. Their love fills my life.

I know what a life without Radha Radhanath feels like, literally. I can honestly say that's a life I never want to live. Radha Radhanath were the first deities I ever saw. May They be the last thing I ever see in this world.



Image: Construction 18-20 April Bay of Plenty Durban Beachfront

Sunshine Parade Friday 18 April @11am

Route: Starting at the car park opposite Tropicana Hotel, proceeding north on Upper Marine Parade, at Mini Town turning left into Lower Marine Parade, and finishing at the North Beach Bay of Plenty Amphitheatre. This route is 2km. Duration: Approximately 3 hours. Shuttle Service to the Parade Start Point Take advantage of the shuttle service from the festival parking to the start of the Parade. This service will be operational from 8am onwards.

Aerial Fireworks Display Saturday 19 April 9:30pm

Watch the spectacular fireworks from the festival site - Bay of Plenty Lawns and Amphitheatre. (This highlight is weather dependent.)

Sunshine Parade (2km)

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Starting opposite Tropicana Hotel on Upper Marine Parade at the Car Park, Proceeding North towards Mini Town. At Mini Town, Turning right going down into Lower Marine Parade and finally entering the festival site - Bay of Plenty.

Shuttle Service

There will be a shuttle service from 8am from the Festival parking area to the parade starting point, Tropicana Hotel.

11 am

18th April

Sunset Parade

Monday 20 April 5:00pm

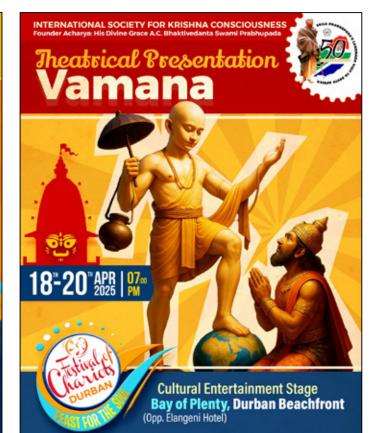
Route: Starting at the North Beach Bay of Plenty Amphitheatre, proceeding on lower Marine Parade (promenade) to North Beach Paddling Pools and back. This route is 2kms. Duration: Approximately 2 hours.

Vamana

Written and Directed by Bhaktimarga Swami Performance Days: Friday 18 April, Saturday 19 April & Sunday 20 April Time: 7pm

About the Production

Vamana is a story of one of the avatars, incarnations of Vishnu. He first appeared as a short young boy but mystically manifest as a



giant, in order to frustrate aliens that infiltrated the Earth. Experience the timeless legend of Vamana, Vishnu's fifth avatar, in a spellbinding theatrical production that combines grandeur with profound storytelling.

Plot Overview

In an era where the demon king Bali's devotion has granted him dominion over the three worlds, the celestial realms face an uncertain future. The demigods, led by Indra, turn to Vishnu for salvation. Responding to their plea, Vishnu incarnates as Vamana, a humble dwarf Brahmin. At Bali's grand sacrifice, Vamana requests a seemingly modest gift: three paces of land. Amused, Mahabali grants the wish, unknowingly setting the stage for cosmic transformation.

Vamana's form expands exponentially, becoming Trivikrama—the Three-Stepped One. With each stride, he reclaims the earth and the heavens, restoring balance to the universe. Finding no space for a third step, Bali offers his own head. Vamana places his foot upon it, symbolically restoring the three worlds to their rightful order. This act not only exemplifies divine strategy but also highlights themes of humility, devotion, and the cyclical nature of power.

Why Attend This Play?

Epic Storytelling: Delve into a tale of devotion, strategy, and cosmic restoration that has captivated audiences for centuries.

Visual Spectacle: Witness a fusion of traditional and contemporary theatrical elements.

Cultural Immersion: Engage with a story deeply rooted in the Vedic literature, offering insights into themes of humility, devotion, and the cyclical nature of power.

Matchless Gifts • 11am-9pm

Browse through the wide selection of stylish devotional apparel and paraphernalia: jewelry, hemp bags, anarkalis, gopi outfits, saris, cool & comfortable block print 100% cotton kurtis,



palazzo pants, ready-made cotton blouses & stretch blouses with lace, and cotton dupattas. For worship: handcrafted deities, tulsi and neem japa beads, tulsi and neem neckbeads, blowing conch shells, peacock fans, fragrant incense and oils – designed to elevate your spiritual practices. For men: 100% cotton kurtas, T-shirts & dhotis. For young ones: a range of soft Krishna dolls; cotton skirts; T-shirts; and beautifully illustrated story & activity books. Whether you're seeking a personal keepsake or a thoughtful gift, to spiritual and fun games, Matchless Gifts offers an unparalleled selection.

Experience Divine Bliss at the Mantra Meditation Tent

Step into a space of peace, stillness, and connection at the Mantra Meditation Tent, where the sacred vibrations of the Hare Krishna Maha Mantra create a profound link with Lord Krishna's divine presence.

For just 10 minutes, immerse yourself in the timeless practice of chanting alongside Srila Prabhupada, and feel the transformative power of His holy names. Whether you're new to meditation or a seasoned practitioner, this brief yet powerful session promises to elevate your consciousness, quiet your mind, and uplift your spirit.

As you chant, you'll experience a deep communion with your soul, leaving you feeling blissful, centered, and connected to the divine essence of the universe.

Don't miss out on this soul-enriching opportunity to connect with Lord Krishna and experience true spiritual joy. Visit the Mantra Meditation Tent—it's your gateway to inner peace and boundless bliss!

Body Art 11am-9pm

Add a little sparkle and flair to your festival experience! Step up to our Glitter Face Paint, Trendy Temporary Tattoos, and Intricate Henna Designs stations, where skilled artists will bring your vision to life. Whether you're looking for a dazzling glitter design, a bold tattoo, or a delicate henna pattern, we've got something to suit every style and personality.

Not only are all materials non-toxic and safe, but they're also crafted to ensure you look and feel amazing throughout the day. Be a little adventurous—express yourself in a fun, unique way, and let our artists transform you into a walking masterpiece!

So, what are you waiting for? Come get painted, inked, and henna-ed for a vibrant, unforgettable look that's as unique as you are!

Craving Something Delicious? Head to the Food Court! 11am-9pm

If you're not in the mood for wood-fired breyani, no worries—the Food Court has a mouthwatering selection of light meals and snacks that are sure to hit the spot! From sizzling pizza and juicy burgers & chips to flavorful roti rolls, there's something for every craving. Indulge your sweet tooth with cakes, biscuits, and cupcakes that are as tempting as they sound, or cool off with a scoop (or two!) of creamy frozen yogurt ice cream—the perfect treat for a warm day.

Whatever you're in the mood for, the Food Court has you covered with a variety of tasty options. Come grab a bite, satisfy your hunger, and fuel up for the fun ahead!

Dive into Spiritual Wisdom at Our Wisdom Book Store! 11am-9pm

Looking to deepen your understanding of bhakti-yoga? Whether you're just starting your journey, or you're a dedicated practitioner seeking more, our Wisdom Books Store has something for everyone.

Browse through an extensive collection of books that cater to beginners, the curious, the inquisitive, and even the serious practitioners. From enlightening introductions to profound philosophical texts, each book is a doorway to a deeper connection with the path of devotion.



Find insightful readings that will inspire, challenge, and guide you on your spiritual journey. Expand your knowledge and immerse yourself in the transformative teachings of bhakti-yoga.

Come explore the books that have touched countless hearts and minds—your next great read awaits!

Join Us at ISKCON Durban Connect! 12pm-9pm

Connect, Collaborate, Cultivate

Are you loving the energy, the devotion, and the vibrant atmosphere of the festival? Want to carry that spirit beyond today? The ISKCON Durban Connect Tent is your gateway to making lasting heart-to-heart connections and becoming a part of our growing community.

At ISKCON Durban, we offer 19 unique avenues for you to stay engaged and connected throughout the year. Whether you're looking for spiritual growth, service opportunities, or simply want to connect with like-minded souls, we've got something for you.

As we celebrate 40 years of the Sri Sri Radha Radhanath Temple in Durban, we reflect on how our temple has become a pillar of service and support for the local community. Come learn about our rich history, exciting anniversary celebrations, and how YOU can get involved in making the next 40 years even more impactful.

But that's not all—exclusive ISKCON Durban merchandise, unique maha jewellery, and other special items will be available for you to take home as a cherished reminder of this transformative experience.

So why wait? Connect, collaborate, and cultivate the bonds that will nurture your spiritual journey—join us at the ISKCON Durban Connect Tent today! Let's make a difference together, one connection at a time.



Looking for a way to keep the kids entertained and happy this Easter weekend? Look no further! Bring them to Krishna's Kids Karnival at the Festival of Chariots, where the fun never stops and the excitement is non-stop!

Here's what the organizers have to say: "Come one, come ALL to Krishna's Kids KarnivAL! There will be so much to DO!"

From thrilling rides like the mini swing boat, horse carousel, and rocket ride to the splashing fun of the foam pool pit, there's FUN GALORE for every age! But that's not all! Daily clown shows, storytelling sessions, crafts, beauty activities, and much more await!

Mini MasterChef, a Mini Ratha Yatra, and an exciting Treasure Hunt will keep the little adventurers engaged, while they explore and enjoy every corner of this magical place. With prizes, treats, and endless games to play, Krishna's Kids Karnival will be the highlight of your Easter weekend. So step right up, bring your kids, and get ready to celebrate in a BIG WAY! Don't miss out on this unforgettable experience—Krishna's Karnival is the BEST ONE! Come to our tent and be ready to PLAY!

Bhakti Cloud Highlights

Transcend Escape Room 12pm to 2pm

Reality isn't what it seems. You have 20 minutes to solve the clues, uncover the truth. Break the cycle of illusion or risk rebirth. Only wisdom can set you free. Maximum 4 per team Entry by Donation

Register with Rukmini via WhatsApp: +27 84 579 1080

Artscapes Open Mic

If you can rap, sing, dance, paint, or tell stories with style, we want YOU! Join us for 4 days of creativity and community: Register with Vasanti: +27 72 166 4395 Themes: Friday, April 18th Humble Roots Saturday, April 19th The Torch of Knowledge Sunday, April 20th Diving Deep Monday, April 21st Songs of Freedom

Be Cool. Be Wise. Be Yourself @ Bhakti Cloud

Lord Jagannath's Palace 12pm-8pm Visit Lord Jagannath in His Divine Palace!



Step into the sacred realm of the Jagannath Palace and experience the divine presence of Lord Jagannath up close. This is your special opportunity to offer heartfelt prayers and present your offerings in a serene, peaceful environment, where every moment is filled with devotion.

Whether you're seeking blessings, expressing gratitude, or simply connecting with the divine, the Jagannath Palace provides a tranquil space for deep spiritual reflection and communion with the Lord.

Come, immerse yourself in this sacred experience, and let your prayers be carried to the heart of the Divine. Visit Lord Jagannath today—a moment of peace, devotion, and grace awaits you!







Jagannath Flag For the Kids By Lila Suka Devi Dasi

Little Vaishnavas and Vaishnavis what an exciting time it is! Ratha Yatra is drawing near and you can be part of the fun too my dears.

You'll need: Scissors A small wooden dowel/skewer with the pointed end removed. Glue Crayons/paint/markers/glitter A printed copy of Jagannath flag

 Color in the Jagannath flag.
 Cut it out and wrap it around a wooden dowel/stick, secure with a little glue. Optional: Decorate the stick too, use sequins, ribbon or paint.

Now you're ready! Jump and dance in the Ratha Yatra parade while waving your special Jagannath flag. Hari Haribol!

Have fun! Ask Mata and Pita to take some photos of you at the parade with your flags. Send them to our editor to be featured in the next kids corner issue.

6



Tofu Kebabs The Vaishnava Chef By Ananga Sundari Dasi

Ingredients:

1 block of firm tofu, drained and patted dry, grate the tofu and set aside 1 small sized potato, boiled with peel until cooked, peel, grate and set aside Crushed fresh chili or chili flakes 1 tsp of ground fresh ginger or ginger powder 1 tsp of tomato paste Handful of chopped fresh coriander Salt and pepper to taste 1 and half tsp of ground cumin and coriander powder Half a tsp of turmeric powder 1 and half tsp of paprika Good sprinkle of dried herbs Roughly 1 tbsp of corn flour or normal cake flour to absorb the moisture in the kebab dough Oil for shallow frying Method:

Simply combine all ingredients in a bowl to create a dough like texture, not too moist or dry.

Shape the kebabs as desired, I used oval shapes, with a 1 and half cm width.

Shallow fry on low heat until one side is fully cooked and golden brown before flipping them over to cook through on the other side.

Do not move the kebabs whilst frying on one side, this will cause them to break.

The quantity can be doubled, this quantity makes around 12 small kebabs. Offer and serve.

Notes:

For the serving, they can be served on a wrap or just plain with a dipping sauce as a snack.

Instead of using a boiled potato to combine the ingredients, substitute with roughly 1 tablespoon of plain Greek yogurt/vegan yogurt.

Other veggies can be added in such as grated carrots, chopped spinach and even grated celery sticks. Ensure when using any other veg, the excess water is drained out well before adding to the mixture.