



SWEET POTATO & CHICKPEA PATTIES



SERVINGS:
MAKES 10- 15
PATTIES



TIME:
30 MINS



DIFFICULTY:
EASY



COST:
££££

Ingredients:

- 1 medium sweet potato (230g), peeled
- 1 small onion (150g), peeled
- 1 small tin chickpeas (200g), no added sugar or salt, drained
- 2 tsp garam masala
- 1 large egg
- 2-3 tsp vegetable oil

Method:

1. Roughly chop the sweet potatoes and dice the onion
2. Boil the potatoes in a saucepan for 15 minutes or until soft & then drain
3. While the potatoes are boiling, fry the onions until soft
4. Add the potatoes & chickpeas to a large mixing bowl & mash until smooth
5. Mix the diced onion, garam masala and egg
6. Roll into small balls using a tablespoon & flatten to form patties
7. Heat 1/2 tsp of oil (per batch) over a moderate heat in a pan
8. Cook for 2 minutes on each side, or until golden brown & cooked through
9. Once cooled, serve on a plate as finger food, alongside natural yoghurt & quartered tomatoes.