

Spiced Sweet Potato and Chick Pea Fritters with Soft Boiled Eggs



Preparation time: 36 mins

Serves: 6 people

User Rating: ★★★★★

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Categories: Dinner Recipes, Lunch Recipes, Vegetarian, Kid Friendly





Ingredients

FRITTERS:

- 1 x 400 g can of chickpeas, drained and rinsed thoroughly
- 500 g sweet potato, peeled and grated
- ¼ cup chives, finely chopped
- 100 g feta, crumbled
- 1 heaped tbsp tikka masala spice blend
- 2 eggs
- 1/3 cup (50 g) wholemeal plain flour
- ½ tsp baking powder
- Pepper, to season
- Olive oil, to fry in

SOFT BOILED EGGS AND SALAD:

- 6 eggs
- Garden Salad for each person

Method

TO MAKE THE FRITTERS:

1. Place the chickpeas into a large bowl and mash slightly using a fork. Add the grated sweet potato, chives, feta, tikka masala spice blend, 2 eggs, flour, baking powder and pepper and mix thoroughly to combine.
2. Heat a fry pan to medium heat. Cover the base of the fry pan with a thin layer of olive oil. Gently place tablespoons of the mixture into pan and cook for 4 minutes or until golden and the fritter is holding together.
3. Gently flip each fritter and cook for another 3 minutes or until golden and cooked through.
4. Place the fritters on a plate lined with kitchen paper and continue frying until no batter remains. Set aside.

TO MAKE THE SOFT BOILED EGGS:

1. Prepare an ice bath. Set aside.
2. Bring a large pot of water to the boil then reduce heat to simmer. Carefully add 6 eggs to the pot of simmering water and cook for 7 minutes.
3. Carefully remove eggs and place into ice bath until cool enough to handle. Peel eggs and slice in half.

TO SERVE:

1. Arrange fritters on a plate lined with garden salad, top with soft boiled eggs and a good pinch of pepper.

Notes

- This recipe is freezer friendly.

Recipe by Kayla Sciacca

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre	Vitamin D
392g	1570kj 375kcal	20g	15.8g	5g	32.7g	10.5g	622mg	10g	5.5µg

All nutrition values are per serve.