

Sweet Potato Waffles with Eggs and Avocado



Preparation time: 35 mins

Serves: 4 people

User Rating: ★★★★★

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



Ingredients

- 1 ½ cups firmly packed grated sweet potato
- 1 cup milk
- 1 ½ cups wholemeal self-raising flour
- 2 eggs, separated
- 50g feta, crumbled
- 2 teaspoons extra virgin olive oil
- 4 extra eggs
- 1 cup baby spinach leaves

- 1 avocado
- ¼ cup toasted pepitas

HARISSA YOGHURT

- ½ cup Greek yoghurt
- 1 tbsp lemon juice
- 2 teaspoons harissa paste

Method

1. Place sweet potato and ½ cup of milk in a large microwave safe bowl. Cover tightly with plastic wrap and microwave on High for 6 minutes, or until soft. Roughly mash with a fork. Whisk in remaining milk and egg yolks.
2. Place flour into a large bowl. Stir in sweet potato mixture to make a thick batter. Add the feta and season to taste.
3. Whisk egg whites in a large clean bowl to soft peaks. Fold into batter.
4. Working in batches, pour about 2/3 cups of batter (depending on size of waffle maker) onto a pre-heated non-stick round waffle maker. Cook until golden brown until waffle iron stops steaming, about 5 minutes.
5. Meanwhile, heat the olive oil in a large non-stick frying pan over medium high. Crack eggs one at a time into hot pan. Cook for 2-3 minutes, until whites set and are crispy around the edges, but yolk is still runny.
6. To make harissa yoghurt, stir yoghurt and lemon juice together and season to taste. Swirl in the harissa.
7. Top waffles with spinach leaves, sliced avocado and fried eggs. Dollop over the harissa yoghurt and sprinkle with pepitas.

Notes

Want to know how to make perfect fried eggs, every time? [Discover our easy fried eggs recipe today!](#)

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
356g	2391 kj 571kcal	26.3g	26.6g	8.4g	51.9g	12.7g	649mg	11.2g
Vitamin D								
6.2µg								

All nutrition values are per serve.