

Posted on 23 April 2015

by Liz Robb

Chickpea, Sweet Potato and Sweetcorn Patties



Ingredients

For the patties:
 2 sticks of celery 1 large red onion 1 tablespoon of sunflower oil 2 medium sweet potatoes 90g basmati rice 500ml hot vegetable stock 100g frozen peas 150g tinned sweetcorn 400g tinned chickpeas 2-3 teaspoons of medium curry powder Salt and freshly milled black pepper Half a teaspoon of garam masala For the Tsatziki: A quarter of a cucumber 1 fat garlic clove 5 tablespoons of Greek yoghurt Salt and black pepper A splash of olive oil A few sprigs of fresh mint Half a lemon Paprika

Preparation

1. For the Patties: 1. Trim the celery, peel the onion, and finely chop them both. Heat the oil in a large saucepan and gently cook the onion and celery for about 5 minutes, stirring occasionally, until they are soft. 2. Meanwhile, peel the sweet potatoes and chop into small dice. Add to the pan and cook for a few more minutes, stirring to prevent them from sticking. 3. Next, rinse the rice thoroughly and add to the pan. Pour in the stock, drain and add the sweetcorn and chickpeas, add the peas and stir everything together. Add the curry powder and garam masala, season with salt and pepper, then cook over a low heat, stirring occasionally, until the sweet potato and rice are cooked through. 4. Preheat the oven to 190 degrees, 170 degrees fan oven. Turn off the heat, take out about a third of the mixture and place in a blender to blend until smooth. Return it to the pan and stir well. 5. Lightly oil a baking tray. To make the patties, lightly flour your hands, spoon out a portion of the mixture - I used a tablespoonful each time – form into a ball, pat into a patty shape and place on the tray. Repeat until you have used all of the mixture
2. I made 24. Bake for 30-40 minutes or until browned. For the Tsatziki 1. Peel, deseed and grate the cucumber. Peel and crush the garlic. Chop the mint. 2. In a bowl, combine the cucumber, garlic, yoghurt and olive oil, then squeeze in the lemon juice, add the mint and season to taste. Stir well and chill in the fridge. 3. If liked, sprinkle with a little paprika to serve.

Cooks Note