



Posted on 5 August 2017

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Carrot And Sweet Potato Bhajis With Watercress Raita



Ingredients

1 very large sweet potato
2 large carrots
2 large onions
1 red chilli [optional]
8 tablespoons of thick Greek yoghurt
2 fat cloves of garlic
2 lemons
Cucumber
Watercress
Salt and black pepper
240g gram flour
Cold water
One and a half teaspoons of ground cumin
One and a half teaspoons of turmeric
1 teaspoon of ground coriander
1 teaspoon of garam masala
Sunflower oil

Servings

10

Person

Preparation

- 1 Peel and roughly grate the sweet potato and the carrots. Peel and thinly slice the carrots. Deseed and finely chop the chilli.
- 2 Peel and crush the garlic. Peel and chop a quarter of a cucumber and chop a large handful of watercress.
- 3 In a small bowl, mix the crushed garlic with the Greek yoghurt and add the juice of half a lemon. Stir the cucumber and watercress into the yoghurt. Season to taste, cover the raita and leave to chill in the fridge.
- 4 Gently sauté the onion in a tablespoon of oil for 5 minutes, until soft but not browned, then add the chopped chilli and cook for a further 2-3 minutes. Remove from the heat.

- 5 Whisk together the gram flour and 220-250ml cold water, a little at a time, until it makes a batter. Mix in the cumin, turmeric, coriander and garam masala then season with salt and black pepper.
- 6 In a large bowl, stir together the sweet potato and carrot with the onion and chilli. Add the batter and mix thoroughly.
- 7 Take a heaped tablespoon of the mixture to make each bhaji, rolling it in your hands then flattening it slightly to make a patty shape. It will be rather a wet mixture so this is a bit messy!
- 8 Pour in oil to cover the bottom of a small frying pan. Fry one batch of bhajis for 2-3 minutes on each side in hot oil until well browned, blot on kitchen towel then keep warm in a low oven. Repeat with more batches, topping up the oil as needed.
- 9 Serve immediately, whilst still hot and crispy, garnished with watercress and lemon wedges and accompanied by the watercress raita.

Cooks Note

Ideal for a buffet or simply as a starter or side dish, these tasty little carrot and sweet potato bhajis with a watercress and cucumber sauce are just a little out of the ordinary.

I made 30 small bhajis from this amount of mixture, enough for a large sharing platter. 3 bhajis would probably be enough for a small starter portion, or more perhaps, served with salad and a flatbread, for a main meal.
