



---

Posted on 5 August 2017  
*by Liz Robb*

## 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.

---