

Sweet Potato Cakes with Avocado Salsa

Food Foundations



Serves: 5

Prep Time: 20 minutes

Cook Time: 20 minutes

Ingredients

- 400g chickpeas, rinsed and drained
- 400g sweet potato, peeled, diced
- 1 small red onion, finely diced
- ½ bunch coriander, finely chopped
- ¼ cup parmesan cheese

Avocado Salsa:

- 2 ripe avocados, mashed
- ¼ red onion, finely chopped
- 1 Roma tomatoes, finely chopped
- 1 tsp olive oil
- 1 lime, juiced

Method

1. Preheat oven to 200°C. Line an oven tray with baking paper.
2. In a saucepan, cover sweet potato with water and bring to boil. Simmer until soft, drain and mash. Leave to cool.
3. Mash chickpeas with a fork or potato masher.
4. Combine potato, chickpeas, onion and coriander in a bowl. Shape mixture into 10 cakes.
5. Press a small quantity of parmesan cheese into each cake.
6. Bake in oven for 20 minutes.
7. Allow to cool slightly before serving.
8. Place all of the ingredients for the avocado salsa into a bowl and mix well. Serve sweet potato cakes with a small amount of salsa on top.

Recipe Notes:

If the potato cakes are not binding together well, try adding an egg or breadcrumbs. You can use flat leaf parsley instead of coriander if preferred.

Food Group	Serves provided per portion
Vegetables	3
Fruit	0
Grain foods	0
Lean meat and alternatives	0.5
Milk, yoghurt and cheese	0.1