

Chickpea and sweet potato patties

Serves 6

Ingredients

- 1 large sweet potato
- 2 spring onions
- 1 lemon
- 1 x 400g can chickpeas, no added salt
- 1 tablespoon sweet chilli sauce
- ½ cup wholemeal breadcrumbs
- 1 egg
- Spray oil



Method

1. Peel and chop sweet potato into 1cm pieces. Place sweet potato into a microwavable dish add 2 tablespoons of water and microwave for 6 minutes or until soft.
2. Finely slice spring onions. Juice lemon, and drain and rinse chickpeas.
3. Drain the liquid from the sweet potato, then mash sweet potato with the chickpeas and lemon juice.
4. Add spring onions, sweet chilli sauce, breadcrumbs and egg to the sweet potato mixture and mix until well combined.
5. Divide the mixture into 6, and shape into patties.
6. Heat a frying pan on medium high heat, and spray lightly with oil
7. Cook the patties for 3 minutes on each side, until golden.

Tip: These patties can be used for burgers, in a wrap or served with a salad.