



Super-seedy chickpea & sweet potato patties

with yoghurt dressing or cherry tomato coriander salsa

Ingredients

Chickpea & sweet potato patties

500g sweet potato

1-2 teaspoons garam masala, to taste
(can swap for cumin)

1 egg

Good pinch of salt

¼ cup pepitas

¼ cup sunflower seeds

¼ cup mix of unhulled and black sesame seeds
(or regular sesame seeds if not available)

400g tin chickpeas, drained and rinsed

Extra ½ cup sesame seeds for coating

2 tablespoons olive oil

Whip up this quick and easy vegetarian meal with a deliciously seedy texture.

⌚ Prep time: 40 minutes. ⏱️ Cooking time: 20-25 minutes. 👤 Serves 4
Vegetarian, gluten-free

Method

Preheat oven to 180°C. Peel and chop sweet potato into 1-2 cm cubes, steam until tender. Mash and mix through garam masala. Beat egg, add salt and stir through. Add seeds, mix to combine. Add chickpeas, gently combine.

Divide mixture into eight and use hands to form patties. Coat with extra sesame seeds. Allow to firm in fridge for up to an hour (the seeds will swell if left too long).

Heat a pan on medium, add olive oil and fry patties for about 2 minutes each side before transferring to oven. Bake for 20-25 minutes. Serve with yoghurt dressing or salsa.





Ingredients

Yoghurt dressing

1 cup sheep's or Greek
yoghurt

1 teaspoon cumin

1 dessertspoon honey

Cherry tomato coriander salsa

1 punnet cherry tomatoes,
cut into quarters

1 bunch fresh coriander

1 clove garlic,
finely chopped

1 fresh lime

2 tablespoons
extra virgin olive oil

Optional red onion, diced

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Super-seedy chickpea & sweet potato patties with yoghurt dressing or cherry tomato coriander salsa cont'd

Method con'd

Remove stalks from coriander and roughly chop. Place in bowl with tomatoes, garlic and onion (if using). Squeeze juice from lime and mix well with olive oil. Add to tomato mixture and mix well. Season with salt and black pepper. Serve immediately or leave for a few hours to allow the flavours to develop.

Patty variations

Spicier option: add a fresh chilli, de-seeded and chopped finely, or pinch of cayenne or hot paprika.

Vegan option: substitute egg with 1 tablespoon of chia seeds mixed in 3 tablespoons of water in a small bowl. Allow to sit for 10-15 minutes, until it forms a gel consistency.

Nutritional information

When legumes are combined with a seed, it makes a complete protein, making this meal perfect for 'meat-free Mondays'. Its ingredients will keep well in the pantry and fridge (ideally store seeds in fridge) to whip up this quick and easy vegetarian meal, with a delicious seedy texture.

Garam masala is a warming, fragrant mix of spices commonly used in India, Pakistan and other South Asian cuisine. Aromatic herbs help to relax the digestive tract and are traditionally used to help minimise gas, which is ideal for combining with legumes. The coriander in the salsa also calms the digestion.