

Sweet potato cakes

Serves 6

Ingredients

- 1 sweet potato
- 2 spring onions
- ½ lemon
- 1 x 400g can chickpeas, no added salt
- ½ cup wholemeal breadcrumbs
- 1 egg



Method

1. Preheat oven to 180°C and line a baking tray with baking paper.
2. Chop sweet potato into small pieces. Finely slice spring onions.
3. Juice lemon. Drain and rinse chickpeas.
4. Place sweet potato into a microwavable dish and add 1 tablespoon of water. Microwave for 6 minutes or until soft. Drain any excess liquid.
5. Mash sweet potato with the chickpeas and lemon juice. Refrigerate for 20 minutes or until the mixture has cooled.
6. Add spring onions, breadcrumbs and egg to the sweet potato mixture and mix until well combined.
7. Using clean hands, take a handful of the mixture and form it into a patty shape. Repeat the process to create 6 patties.
8. Place patties evenly apart on the baking tray.
9. Bake for 30 minutes, turning the patties over once at half way.

NUTRITION INFORMATION		
Servings per recipe: 6		
Average serving size: 161g		
	Per serve	Per 100g
Kilojoules (kJ)	732	455
Protein (g)	8.1	5.0
Total fat (g)	3.0	1.9
- Saturated fat (g)	0.5	0.3
Carbohydrates (g)	24.2	15.0
- Sugars (g)	4.8	3.0
Fibre (g)	9.5	5.9
Sodium (mg)	74.5	46

This recipe meets the **GREEN** criteria in the National Healthy School Canteen Guidelines.