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**Botanic Cottage Community Cook Club 12th August 2020**

**Sweet potato falafel**



Ingredients

2-3 sweet potatoes (about 750g)

2 tsp ground cumin

2 cloves of garlic, chopped

A handful of fresh coriander, chopped

Juice of half a lemon

150g gram flour

Salt and pepper

You will need - a baking tray and baking paper, a fork or potato masher, a large bowl, two spoons.

Makes about 20, enough for a meal for 4 with couscous or pitta. (They also freeze well)

Method

1. Roast the unpeeled sweet potatoes on a baking tray at 200C for 45 minutes to an hour until cooked through. Leave to cool.

2. Peel the skin off the sweet potatoes and mash in a bowl.

3. Add the gram flour cumin, chopped fresh coriander, lemon juice and season with salt and pepper. Give everything a good stir. Put the mixture in the fridge for an hour to firm up.

4. Heat the oven to 200C. Take your mixture out the fridge. If it is still very wet then you can add another spoonful of gram flour (the water content of sweet potatoes really varies so don’t worry if this happens).

5. Line a baking tray with baking paper.

6. Using two spoons and/ or your hands make small balls of the mixture and arrange on the tray. You should get around 20.

7. Sprinkle the tops with sesame seeds if using.

8. Bake in the oven for 15-20 minutes until golden brown. When the bottoms lift easily off the paper they’re ready. Enjoy hot or cold.