

Sweet Potato Cakes with Dill & Cashew Yoghurt

Serves 4.

This recipe does not have enough protein so you would need to serve it with a side of beans and lentil salad, or some crispy tofu in a salad. If you are wanting a more complete protein pattie, you could add some grated tofu to the patties. Just ½ cup would work beautifully.

Cashew 'Yogurt'

To make 500 grams:

2 cups cashews, soaked overnight

½ cup water

Juice ½ lemon

½ to 1 tsp salt

4 tbsp fresh dill, chopped

4 tbsp capers, chopped

Pepper to taste

Sweet Potato Patties:

4 medium sweet potatoes weighing about a kilo, peeled and cut into chunks

2 shallots

2 small red chillies

1 apple, finely chopped

2/3cup besan flour

Coconut oil or other oil suitable for frying

METHOD

1. For the cashew yogurt drain the cashews and discard soaking water add to the blender and place in ½ cup water, the lemon juice and salt and blend until smooth.

2. Place in a bowl then mix in the dill, capers and pepper.

3. Store in a glass jar with a lid in the fridge.

4. For the patties boil the sweet potatoes until soft. Tip into a colander and leave for ten minutes to dry. Transfer to a bowl and fork until just broken up. Don't mash.

5. Add shallots, chilli, apple, salt and pepper and add the besan flour last. Lightly mix.

Portion the mixture into 12 flat rounds.

6. In a pan, heat the oil then add the patties in batches. Fry on each side for 4 to 5 minutes until golden brown. Flip only once.

7. Serve with a dollop of the cashew yoghurt.

For more nutritional information check out the Vegan Nutrition Course.

The logo for Veet Karen, featuring the name in a stylized, handwritten script font.