

Sweet Potato Fritters with Soft Eggs

These vibrant spiced sweet potato and chick pea fritters are a delicious fusion of textures and flavours. Grated sweet potato and mashed chickpeas are seasoned with tikka masala and folded with chives, crumbled feta, eggs, and wholemeal flour to form golden, crisp fritters pan-fried to perfection. Serve them atop a fresh garden salad and crown each plate with silky soft boiled eggs for a satisfying meal that's hearty enough for dinner but bright enough for lunch. This easy-to-follow recipe yields 12 fritters and serves six, with a prep time of about 20 minutes and quick cooking in just 10 minutes.

Prep: 20 mins

Cooking: 10 mins

Serves: 6

Makes: 12

Ingredients

- 1 x 400 g can of chickpeas, drained and rinsed thoroughly
- 500 g sweet potato, peeled and grated
- ¼ cup chives, finely chopped
- 100 g feta, crumbled
- 1 heaped tbsp tikka masala spice blend
- 2 eggs
- 1/3 cup (50 g) wholemeal plain flour
- ½ tsp baking powder
- Pepper, to season
- Olive oil, to fry in

Soft boiled eggs and salad:

- 6 eggs
- Garden Salad for each person

Method

To make the fritters:



1. Place the chickpeas into a large bowl and mash slightly using a fork. Add the grated sweet potato, chives, feta, tikka masala spice blend, 2 eggs, flour, baking powder and pepper and mix thoroughly to combine.
2. Heat a fry pan to medium heat. Cover the base of the fry pan with a thin layer of olive oil. Gently place tablespoons of the mixture into pan and cook for 4 minutes or until golden and the fritter is holding together.
3. Gently flip each fritter and cook for another 3 minutes or until golden and cooked through.
4. Place the fritters on a plate lined with kitchen paper and continue frying until no batter remains. Set aside.

To make the soft boiled eggs:

1. Prepare an ice bath. Set aside.
2. Bring a large pot of water to the boil then reduce heat to simmer. Carefully add 6 eggs to the pot of simmering water and cook for 7 minutes.
3. Carefully remove eggs and place into ice bath until cool enough to handle. Peel eggs and slice in half.

To serve:

1. Arrange fritters on a plate lined with garden salad, top with soft boiled eggs and a good pinch of pepper.

Notes

- This recipe is freezer friendly
- If you are wanting to make these fritters with boiled eggs in bulk, we have these wholesale egg products to make it easier:
 - Bulk peeled boiled eggs

Australian Eggs