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 on top of 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

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- 400g can chickpeas, drained and rinsed
- 500g sweet potato, peeled and grated
- ¼ cup fresh chives, finely chopped
- 100g feta, crumbled
- 1 heaped tbsp tikka masala spice blend
- 2 eggs
- 1/3 cup (50g) wholemeal plain flour
- ½ tsp baking powder
- Freshly ground pepper, to season
- Olive oil, for frying

To Serve

- 6 soft-boiled eggs
- Garden salad, to serve

Method

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To Make the Fritters

1. Place the chickpeas in a large bowl and lightly mash with a fork. Add the grated sweet potato, chives, feta, tikka masala spice blend, eggs, flour, baking powder and pepper. Mix well until fully combined.
2. Heat a frying pan over medium heat and add a thin layer of olive oil. Spoon tablespoons of the mixture into the pan and cook for 4 minutes, or until golden and holding together.
3. Carefully flip each fritter and cook for a further 3 minutes, or until golden and cooked through.
4. Transfer cooked fritters to a plate lined with paper towel and repeat until all the mixture is used. Set aside.

To Make Soft-Boiled Eggs

1. Prepare an ice bath and set aside.
2. Bring a large saucepan of water to the boil, then reduce to a gentle simmer. Carefully add the eggs and cook for 7 minutes.
3. Remove the eggs and place them in the ice bath until cool enough to handle. Peel and cut in half.

To Serve

1. Arrange the fritters on plates with garden salad, top with soft-boiled eggs and finish with freshly ground pepper.

Notes

- You can swap out the boiled eggs for a fried egg instead.
- 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