



## Sweet Potato Falafel

<b>What to collect</b>	
<b>Ingredients</b>	<b>Equipment</b>
2 medium sweet potatoes	baking tray
1 teaspoon ground cumin	masher
1 clove of garlic, finely chopped	chopping board
1 teaspoon ground coriander, 2 big handfuls of fresh coriander, chopped	knife
juice of ½ a lemon	juicer
1 cup chickpea flour (besan)	metric measuring spoons/cups
salt/pepper	bowl
sesame seeds	whisk
<b>Tahini Sauce:</b>	
1 cup tahini	
½ cup lemon juice	
2 cloves garlic, minced, ¼ teaspoon cumin	
1-1 ½ teaspoons salt, ¾ cup water	

## What to do

1. Preheat oven to 220C.
2. Roast sweet potato whole until just tender (about 1 hour)
3. Turn off oven and allow potatoes to cool, then peel.
4. Mix the sweet potatoes with chickpea flour (besan), cumin, garlic and ground and fresh coriander and lemon juice. Season well and mash until smooth.
5. Place in the fridge to firm up for an hour.
6. Mixture should be sticky rather than wet. You can add a tablespoon of chickpea flour if needed.
7. Preheat oven to 200C.
8. Shape mixture into golf size balls and roll them in sesame seeds.
9. Place on a baking tray lined with baking paper.

- 10. Bake for approximately 15 minutes or until bases are golden.**
- 11. Whilst falafel are in the oven, you can make the tahini dressing.**
- 12. Combine all ingredients in a medium bowl, using a whisk to make a smooth consistency.**
- 13. Taste and season if necessary.**