

Less than 1 hour

Serves 4

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Ingredients:

- 1 large (260g) sweet potato, peeled and cubed
- 4 spring onions, finely chopped
- Grated peel of 1 lemon
- 1 clove garlic, finely chopped
- 3cm knob ginger, finely grated
- 1 egg yolk
- Salt and milled pepper
- 1 cup (190g) cooked quinoa
- 1 Tbsp (15ml) olive oil

Salad:

- 1 Tbsp (15ml) olive oil
- 1 Tbsp (15ml) water
- 1 clove garlic, finely grated or chopped
- 2cm knob ginger, finely grated
- Salt and milled pepper
- Handful English spinach
- 1 avocado, diced
- ½ red onion, slice

- 2 wholewheat multiseed rolls, halved
- Dollop yoghurt, for serving

Method:

1. Steam sweet potato cubes until soft. Cool.
2. Place sweet potato, spring onion, lemon zest, garlic, ginger, egg yolk and seasoning in a food processor and blend until smooth.

3. Stir in quinoa.
4. Shape into 4 patties and chill in the fridge to firm up.
5. Heat olive oil and fry patties until golden.
6. Make salad dressing by whisking together oil, water, garlic, ginger and seasoning, then
7. toss with remaining salad ingredients.
8. Serve patties on rolls topped with salad and a dollop of yoghurt.