

MasterFoodsTM

PROFESSIONAL

Sweet Potato Falafels
RECIPE

Sweet Potato Falafels



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TIME

15 Mins

INGREDIENTS

14 items

MAKES

20 servings

These little falafels are a great twist on a well-loved classic – the sweet potato is a great base for these little bites.

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INGREDIENTS

- 2 medium sweet potatoes (around 700 g)
- 1 tbsp. MasterFoods™ Professional Cumin Ground
- 2 tsp. MasterFoods™ Professional Coriander Ground
- 2 tsp. MasterFoods™ Professional Paprika Ground
- 2 tsp. MasterFoods™ Professional Dill Leaf Tips
- 2 tsp. MasterFoods™ Professional Garlic Finely Crushed
- 1 to 2 big handfuls each of fresh coriander and parsley, chopped
- Zest and juice of 1 to 2 limes, plus extra wedges for serving
- 90 g to 120 g gram or chickpea flour
- ½ cup MasterFoods™ Professional Vegan Mayonnaise
- A splash of olive oil
- Sprinkling of black sesame seeds
- Salt and pepper, to taste
- Pitta bread, red cabbage slaw, hummus, and assorted pickles, to serve

PRODUCTS USED



MasterFoods Professional Gluten Free Vegan Mayonnaise 2.2kg

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Cooking Instructions:

1. 1
Pre-heat oven 200°C. Lightly oil the whole sweet potatoes and poke several times over with a fork. Season lightly and bake off for 45 minutes or until the potatoes are soft.
2. 2
Leave to cool, peel skin and remove flesh into large bowl. Keep the oven set to 200°C as it will be used again in the recipe.
3. 3
Add the cumin, garlic, paprika, ground and fresh coriander, parsley, lime zest and juice and gram flour/chickpea flour into a large bowl.
4. 4
Mash the mixture until smooth with no large chunks. Place the mixture in the fridge to

firm up for an hour, or the freezer for 20-30 minutes. In the meantime, mix the dill and mayonnaise and set aside.

5. 5
The mix should be sticky rather than overly wet. You can add a tablespoon or so more of flour if necessary (the water content of sweet potatoes varies enormously).
6. 6
Lightly oil two baking trays. Roll a heaped tablespoon of the mixture (around 20g to 30 g) into a ball and slightly flatten onto oiled tray.
7. 7
Sprinkle black sesame seeds on top and bake for around 15 minutes until bases are golden brown. Squeeze over lime juice while still warm.
8. 8
Serve with pitta bread, red cabbage slaw, hummus, pickles, and the vegan dill mayonnaise.

Tips:

1. 1
The batter can be made a day or two in advance.
2. 2
There are numerous spices to also try – MasterFoods™ Professional Cinnamon Ground and MasterFoods™ Professional Oregano Leaves are also delicious.
3. 3
For mayonnaise with an extra kick, add MasterFoods™ Professional Chilli Sprinkle.

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Cooking time

10 min

Ingredients

11 items

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Cooking time

60 MINS

Ingredients

8 items

[SEE DETAILS](#)



[**Gua Bao Buns**](#)

Cooking time

10 min

Ingredients

11 items

[SEE DETAILS](#)



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Cooking time

15 minutes

Ingredients

9 items

[SEE DETAILS](#)

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