

RECIPE OF THE WEEK – Lamb & Sweet Potato Fritters

Ingredients

2t ground cumin

3/4C plain greek yoghurt

1.5C spelt flour

1C milk

1 egg

150g sweet potato, grated

2 shallots, chopped

300g lamb mince

½ jar tandoori paste

Vegie oil, for frying

Method

1. Place cumin in a small fry pan over low heat. Cook stirring until fragrant, about 1 min. Combine yoghurt with half the cumin in a small bowl. Set aside.
2. Cook lamb till browned. Add half a jar of tandoori paste. Cook through.
3. Place flour in a large bowl. Whisk egg and milk together in a jug. Whisk egg mix into flour until smooth. Stir in potato, onion, lamb and remaining cumin until batter combines.
4. Put oil in deep fry pan. About 1cm high. Heat over medium heat. Place 1/4C of batter into pan and flatten with spatula. Repeat. Cook for 3-4mins each side. Transfer to plate lined with paper towel.
5. Serve with spiced yoghurt.