

Paleo Sweet Potato Fritters



Inspired once again by a recipe from Delicious Magazine, here is a super simple lunch or dinner idea for all our paleo readers.

Serving Size: 4 - 6

Ingredients:

1 garlic bulb (grated)

80 ml extra virgin olive oil

500g sweet potato, peeled & grated

1 teaspoon ground cumin

1 teaspoon coriander seeds

1 teaspoon dried chilli flakes

1 cup almond meal

2 eggs

Lemon wedges to serve

Toasted almond flakes to serve

Lemon Tahini Dressing

1/2 bulb fresh garlic (crushed)

1/2 cup tahini

Juice of 1 lemon

1/4 cup iced water

Method:

1. Place the sweet potato, grated garlic, spices, almond meal and eggs in a bowl and mix until well combined.
2. Heat the olive oil in a large non stick fry pan.
3. In 2 batches, add 1/3 cup sweet potato mixture per fritter to the fry pan.
4. Flatten with fritters with a spatula into 10cm rounds and cook for 2-3 minutes each side until golden brown.
5. Drain excess oil off on paper towel.
6. Add the fresh garlic, tahini, lemon and iced water into a food processor and whiz together until thick and glossy.
7. Serve your fritters with a dollop of dressing and some fresh greens. Enjoy.

Gluten Free | Dairy Free | Paleo | Sugar Free