



Cook sweet potato and spinach cakes

WARNING!
This recipe uses the oven and a hot pan – be very careful and ask an adult to help you.

What you need

- 2 large sweet potatoes (around 600g) peeled and cut into small cubes
- Salt
- Pepper
- 6tbsp olive oil
- 45g frozen peas
- 75g spinach leaves, very finely chopped
- ½ green chilli, finely chopped (optional)
- ½tsp red chilli powder
- 1tsp fresh ginger, finely chopped
- 1tsp turmeric powder
- 1tsp ground cumin
- 1 large handful coriander leaves, roughly chopped
- 1–2tbsp plain flour for dusting when shaping the cakes
- Baking tray
- A saucepan
- Large bowl
- A sieve



This recipe is based on north Indian street food.



Kalpna Woolf

This recipe is by Kalpna Woolf, who is a member of the Guild of Food Writers. Woolf works in television and has founded charity 91 Ways, which uses food to bring together communities of people who speak different languages.

She's also written her first book – about food and spices. She says, "These hara bhara kebabs are a delicious street food in north India. The name means kebabs stuffed with green ingredients. These patties are normally made from potato but I have substituted sweet potato. They also have lots of healthy, delicious spices such as turmeric and ginger."

Instructions

Heat the oven to 200°C. Place the diced sweet potatoes on a baking tray and season with a few grinds of salt and pepper. Drizzle with 2tbsp of oil. Cook for 10–15 minutes in the oven, until soft. In the meantime, place the peas in a saucepan of boiling water and cook for around five minutes. Add the spinach until it starts to wilt. Drain the spinach and peas in a sieve and remove as much water as you can. Now take the sweet potatoes out of the oven and leave to cool. In a large bowl, place the peas, spinach and sweet potato and mash lightly

with a fork. Mix in the rest of the ingredients, except the oil and a few coriander leaves, until you have a smooth mixture. If the mixture is a bit sticky and wet, put in 1tsp of plain flour. Dust your hands with flour and divide the mixture into eight equal amounts and flatten into medium-sized cakes. Cover and leave in the fridge for around 20 minutes. Next, place the patties on the baking tray. Drizzle about 4tbsp of oil over the top and cook in the hot oven for 6–8 minutes on each side, until crisp and cooked. Use the remaining coriander as a garnish. Try them with wholemeal pitta pockets or with a fruity salad.

TOP TIP
Cook a few extra, as these patties will keep for up to four days covered in the fridge.

Got an idea? Made something cool? Share it with us at hello@theweekjunior.co.uk