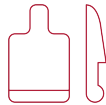




# Beetroot & Sweet Potato Fritters



DIFFICULTY: EASY



PREPARATION TIME: 30  
MINUTES



COOKING TIME: 10 MINUTES



SERVES: 10 TO 12

## Ingredients

### Fritters

- 1 ½ cups coarsely grated beetroot
- 1 cup coarsely grated sweet potato
- ½ cup chopped green shallots
- 1/3 cup chopped continental parsley
- 1/3 cup finely chopped walnuts
- 1/3 cup flour
- 2 eggs, lightly beaten
- Salt & Pepper
- Olive oil for frying

### Dressing

- 1/3 cup natural yogurt
- 2 tbsps mayonnaise
- 1 tbsp chopped dill
- Salt & Pepper

## Method

To begin making your fritters, combine the beetroot, [sweet potato](#), shallots, parsley and walnuts in a large bowl. Add the flour, eggs & season well with salt and pepper. Mix well to combine.

Heat a [non-stick frying pan](#) over a medium to high heat, [Induction level 6](#). Add a little olive oil and tilt the pan to distribute. Spoon approximately ¼ cup amounts of vegetable mix for each fritter into the pan. Allow some room between each fritter.

Flatten slightly and cook for 3 to 4 minutes on each side until golden. Repeat to use all the mix.

Combine all the ingredients for the dressing and mix well. Serve alongside the beetroot and sweet potato fritters with a side salad for a delicious meat-free meal.

# Notes

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