### **Sweet Potato Chickpea Fritters**

(with suggested side dishes)
Serves 2

#### **Ingredients**

- 1 × 400 g can (≈ 240 g drained) Chickpeas, rinse and drain well)
- 125 g (½ medium) Sweet potato
- 16 g (2 T) All-purpose flour
- 15 g (2 T) Parmesan cheese, grated
- ½ large (≈ 25 g) Egg (Lightly beat and use half, or use 1 small egg)
- 30 g (¼–½ small) Red onion, finely chopped
- 2 g (½ clove) Garlic, grated
- 0.5 tsp Dried oregano (or thyme for a milder flavor)
- 0.5 tsp Smoked paprika (or cumin for warmth)
- 0.8 g salt + 0.2 g MSG (≈½ tsp total) Salt + MSG blend
- Black pepper to taste (Freshly ground preferred)
- 10 ml (≈2 tsp) Olive oil
- Fresh parsley or basil small handful, chopped (optional

#### Instructions

- Pierce sweet potato several times and microwave on 600 W for 6–7 minutes, turning halfway. Scoop out the flesh (≈100 g cooked).
- 2. In a medium bowl, combine cooked **sweet potato** and drained **chickpeas**. Mash together, leaving small chunks for texture.
- 3. Add **flour**, **Parmesan**, **egg**, **onion**, **garlic**, **oregano**, **paprika**, and salt + MSG. Mix until the mixture holds together. Add a touch of **flour** if sticky.
- 4. Form 4–5 small patties (≈<u>50 g each</u>). Chill 10 minutes if soft helps them hold shape.
- Pan-fry: Heat olive oil in a nonstick pan over medium heat. Cook fritters for 3–4 minutes per side until golden brown.
   Or bake: Brush lightly with oil and bake at 200 °C for 20–22 minutes, turning once.
- 6. Serve warm with Oikos plain **Greek yogurt** (85 g per person) or a light herb salad.

#### **Nutrition**

Per Serving: Kcal: 290 | Protein: 13.4g | Fat: 11.5g | Sat Fat: 2.2g | Carbs: 32g | Sugars: 5.5g | Fiber: 7.2g | Sodium: 400mg | Omega-3: 0.08g

Total Dish (2 servings): Kcal: 580 | Protein: 26.8g | Fat: 23g | Sat Fat: 4.4g | Carbs: 64g | Sugars: 11g | Fiber: 14.4g | Sodium: 800mg | Omega-3: 0.16g

#### **Notes**

• Microwave power: For a 600 W oven, 6–7 minutes per 125 g sweet potato is ideal. Adjust by ±1 min depending on moisture.



- Doubling (for 4 servings): Scale all ingredients ×2 directly the recipe holds texture and flavor well. Use a wider pan or cook in batches to avoid crowding. Add 1–2 tsp extra olive oil if pan-frying for even browning.
- Flavor upgrades: Add 1 tsp lemon juice + ½ tsp soy sauce or coconut aminos to the batter for subtle umami. Stir 1 Tbsp panko (5 g) into the mix for a lightly crisp surface.
- Storage: Refrigerate up to 3 days; reheat on a dry pan or in the oven for crispness.

## **Side Accompaniments**

## Light & Fresh Salads

These contrast beautifully with the fritters' warm texture and protein content.

- Cucumber–Tomato Salad with Lemon Yogurt Dressing
   Thinly sliced cucumber (100 g), cherry tomatoes (100 g), and a dressing of Oikos Greek yogurt (80 g) + lemon juice (5 ml) + salt + pepper + a touch of olive oil.
  - → Keeps the meal cool, refreshing, and adds acidity.
- Shredded Cabbage & Carrot Slaw with Honey Mustard
  150 g cabbage, 40 g carrot, toss with 10 ml olive oil, 5 ml apple cider
  vinegar, 5 ml honey, pinch of salt/MSG, and a few mustard seeds or Dijon
  mustard.
  - → Adds crunch and brightness.

# Hearty but Light Sides

These make the plate more filling without overpowering the fritters.

- Herbed Quinoa or Brown Rice
  - Cook 80 g dry quinoa or brown rice; toss with lemon zest, chopped parsley, and ½ tsp olive oil.
  - → Nutty, aromatic, and works perfectly with yogurt sauce.
- Garlic-Spinach Sauté
  - Quickly sauté 120 g spinach in 1 tsp olive oil with 1 clove garlic and a dash of soy sauce or coconut aminos.
  - → Warm, savory counterpoint with iron and green color.

# Dips & Yogurt-Based Accompaniments

Fritters love a cooling sauce.

Greek Yogurt Lemon Dip

Oikos plain yogurt (100 g) + 1 tsp lemon juice +  $\frac{1}{2}$  tsp olive oil + minced parsley + salt/MSG.

- Smoked Paprika Yogurt Sauce Yogurt (100 g) + ½ tsp smoked paprika + ½ tsp honey + squeeze of lime.
- Mint or Basil Yogurt Dip
  Yogurt (100 g) + 1 Tbsp finely chopped mint or basil + pinch of cumin.

## Optional Garnishes / Texture Additions

- Lightly toast panko (1 Tbsp per plate) in a dry pan and sprinkle over fritters for crunch.
- Drizzle 1 tsp tahini or peanut butter + soy sauce + lemon for a creamy umami accent.
- Add a few pickled vegetables (Japanese *tsukemono* or Western quick pickles) for acidity.