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## Sweet Potato Cakes, Roasted Winter Veggies, Elephant Garlic & Red Onion Relish

Did you know that elephant garlic is actually related to the garden leek? For something that's named after such a massive animal, it's sneaky as a mouse with its deep garlicky flavour and strong garlicky scent. The delicate flavours of sweet potatoes, roasted veggies and red onion relish work so well with elephant garlic, that Mimi added them all into one recipe. It's a flavour powerhouse!



40 mins



veggie



gluten free



Brussel Sprouts



Cauliflower



Elephant Garlic Clove



Sweet Potato



Flat Leaf Parsley



Red Onion



Balsamic Vinegar



Organic Red Kidney Beans




Cinnamon



Feta Cheese

## Ingredients

	2P	4P
Brussel Sprouts, halved	1 pack	2 packs
Cauliflower, florets	½	1
Elephant Garlic Clove, chopped	2	4
Sweet Potato, chopped	1	2
Flat Leaf Parsley, chopped	3 tbsp	5 tbsp
Red Onion, sliced	1	2
Balsamic Vinegar <b>1</b>	1 tbsp	2 tbsp
Organic Red Kidney Beans	1 tin	2 tins
Cinnamon	½ tsp	1 tsp
Feta Cheese <b>2</b>	1 block	2 blocks

 Our produce comes fresh from the farm so give it a little wash before using

## Allergens

**1)** Sulphites | **2)** Milk

**Nutrition per serving:** Calories: 616 kcal | Protein: 35 g | Carbs: 82 g | Fat: 12 g | Saturated Fat: 8 g



**1** Pre-heat your oven to 180 degrees and bring a pot of water to the boil with ¼ tsp of salt.

**2** Now you need to prepare all your lovely vegetables! Trim the ends from the brussel sprouts and chop them in half, chop your cauliflower into small florets. Peel your elephant garlic cloves and chop them into six pieces. Peel and chop your sweet potato into roughly 2cm pieces and roughly chop your parsley. Chop your onion in half through the root, peel and cut into thin half moon slices. Prep done!

**3** Pop your sweet potato pieces into your boiling water and cook for 5-10 mins until tender, then drain. *Tip: The potatoes are cooked when you can slip a knife through them easily.*

**4** In the meantime, put your brussel sprouts, cauliflower florets and chopped garlic on a baking tray with 2 tbsp of oil, ¼ tsp of salt and a good grind of pepper. Put them on the top shelf of the oven to cook for 25 mins.

**5** Heat 2 tsp of olive oil on low heat in a non-stick frying pan. Add in the red onion slices with ½ tsp of sugar (if you have some) and a pinch of salt and pepper. Cook slowly for 10 mins, stirring occasionally and then add your balsamic vinegar and continue cooking slowly for another 10 mins.

When the onions are looking lovely and caramelised, put a lid on the pan and leave to the side until everything else is ready.

**6** While the onions cook you can make your sweet potato cakes. When the potatoes are cooked and drained, pop them back in your pot on the heat for 1 minute to dry them out, then remove the pot from the heat. Rinse and drain your red kidney beans really well (we don't want our potato cakes too wet!) and add them to the pot along with your chopped parsley, cinnamon, ¼ tsp of salt and a good grind of pepper. Crumble in your feta and mash everything together so the beans have broken up slightly and everything is really well combined.

**7** If the mixture is too hot to handle, remove to a bowl and leave to cool for 5 mins, if not you can shape your cakes! Divide the mixture into four and shape into patties.

**8** Put 2 tbsp of oil in a non stick frying pan on a medium heat and add your potato cakes. Fry them for 3-4 mins on each side (turning only once!), until they are lovely and crispy.

**9** Serve your sweet potato cakes with your roasted vegetables and roasted elephant garlic on the side, as well as your caramelised onion relish. Enjoy!



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