

## Spicy Sweet Potato cakes



This recipe makes six potato cakes. They are quite spicy so if you prefer your food a little milder, we would recommend adding a little less cayenne pepper. These little beauties are an ideal side dish to accompany rice or why not try them out at your next BBQ as starter before the main courses!

### What you'll need:

Mixing bowl, measuring spoons, baking tray, frying pan, grater, weighing scales

### Ingredients

- 400g sweet potatoes grated
- 150g onion finely sliced
- 1 tsp salt
- $\frac{1}{2}$  tbsp cayenne pepper
- $\frac{1}{4}$  tsp chipotle powder
- 50g gram flour



## Method

1. Mix all ingredients together using your hands, this is a messy job. The mixture will be a little wet but that's fine you don't want them to be dry
2. Divide into six patties and place onto a baking tray and pop into the fridge for half an hour
3. Preheat oven to gas mark 6
4. Heat oil in a pan over a high heat
5. Remove the patties from the fridge and fry them up. Give each side about 4-5 minutes until they are brown and crispy
6. Return to the baking tray and cook for 25 minutes

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