

# THE HEALTH BOOST

happy healthy living

## Spiced chard & sweet potato cakes



This recipe came about after a surplus of chard in the vegetable patch that needed using up. I had previously just steamed the chard and used as a side dish, but the family weren't keen on the earthy taste so I needed to be more imaginative. This is the result and it worked. Husband gave it a big thumbs up!

### INGREDIENTS

makes 8 cakes

750g sweet potato  
1 large onion, finely sliced  
olive oil  
1 teaspoon black mustard seeds  
1 teaspoon ground cumin  
1 teaspoon ground turmeric  
130g rainbow chard  
salt and pepper

### METHOD

- Preheat oven to 180°C
- Peel the sweet potatoes and put in a large saucepan, cover with boiling water and then simmer for 20 minutes until tender.
- Meanwhile, heat 1 tablespoon of oil in a medium frying pan and fry the onion until soft and translucent.
- Add the mustard seeds, cumin and turmeric, stir and cook for a few minutes.
- Finely chop the rainbow chard and add to the spicy onion mix.
- When the sweet potato is cooked, drain well and then return to the pan and mash until smooth.
- In a large mixing bowl, mix the potatoes and spicy onion mix.
- Season with a generous pinch of salt and pepper.
- Form the mixture into 8 even-sized cakes.
- Heat 2 tablespoon of oil into the frying pan and fry the cakes 4 at a time for 3-4 minutes each side. Then carefully lift and place on a baking tray.
- When all the cakes are fried, put the baking tray in the oven and bake for 15 minutes.
- Serve with a side of salad or a poached egg.

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## THE HEALTH BOOST TIP

Chard is an excellent source of magnesium, iron, copper, manganese and potassium and is a good source of zinc, calcium and phosphorus. We all need to make sure we are eating more green, leafy vegetables and chard is an excellent example and deserves a place on any healthy plate.