

Carrot Fritters with Tahini Yoghurt

Serves 4

Time: 30 mins

Ingredients:

1 tsp mustard seeds
1/2 tsp cumin seeds
6 carrots, peeled, coarsely grated
1 onion, coarsely grated
1 garlic clove, crushed
1/4 cup finely chopped coriander
1 egg, lightly whisked
50g plain flour
2 tbsp melted butter
250g natural yoghurt
1 tbsp tahini (sesame paste)
2 tbsp lemon juice
1/2 tsp ground cardamom
Lemon wedges, to serve

Method:

Preheat oven to 120°C. Place the mustard and cumin seeds in a small saucepan over low heat. Cook, tossing, for 1 minute or until aromatic. Remove from heat. Combine the seeds, carrot, onion, garlic and coriander in a medium bowl. Add the egg and flour and stir until just combined. Season with salt and pepper.

Heat the butter in a large frying pan over medium heat. Spoon three 1/4-cupfuls of carrot mixture into the pan. Use a spatula to flatten to 10cm discs. Cook for 2 minutes or until golden. Turn and cook for a further 1 minute or until cooked through. Transfer to an oven tray and place in the oven to keep warm. Repeat in 3 more batches with remaining carrot mixture.

Combine the yoghurt, tahini, lemon juice and cardamom in a small bowl. Taste and season with salt and pepper.

Divide the fritters among serving plates. Top with yoghurt and serve immediately with lemon wedges, if desired.