

This dish created by:



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Easy Sweet potato and chickpea rolls

Ingredients

To make 8 sausage rolls

1 large or 2 small sweet potato . 700g in total.

50g chopped onions

1 tsp ground cumin

100g chickpeas

2 garlic cloves, chopped

2 tsp ground coriander

handful coriander leaves, chopped

100g plain or gram flour

1 tbsp olive oil

1 full beaten egg

450g/1lb ready rolled puff pastry

Method

Heat the oven to 200C/180C fan/gas mark 6.

Microwave sweet potato whole for 8-10 mins or until tender. Leave to cool for a couple minutes and then peel skin off.

Sauté the onions in oil and add garlic. Leave to cool a couple of minutes.

Put the potato, chickpeas, onions, cumin, ground and fresh coriander and flour to bind into a large bowl. Season and then mash together until a bit chunky. Leave this to cool.

Roll out the puff pastry and cut out two long rectangles. Place a layer of sweet potato mixture in to a long sausage down the middle of each rectangle, then brush with beaten egg along the long edge on the pastry.

Fold the other side of the pastry over on to the egg washed edge. Press down to seal and trim any excess. Cut each pastry roll in to 4 or 8 small rolls.

Place the sweet potato sausage rolls on the baking tray, glaze with egg wash, add sesames for decoration and bake for 15-20 mins or until the pastry is crisp and golden.









