

# HOMEMADE SWEET POTATO FALAFEL AND HOUMOUS RUSTIC ROLLS



TAKES APPROX  
**SERVES 4**  
1 HOUR

## INGREDIENTS

1 pack Paul Hollywood Ready To Bake Rustic Rolls  
1 medium sweet potato (approx. 200-220g)  
1 onion, very finely chopped  
2 tsp olive oil  
1 clove garlic, chopped or crushed  
1 tsp ground cumin  
1 tsp ground coriander  
1 tsp paprika  
Pinch ground turmeric  
1 x 400g tin chickpeas, rinsed and drained  
1 tbsp tahini or smooth peanut butter

Good pinch sea salt and black pepper  
Handful fresh breadcrumbs  
Handful mixed fresh herbs, finely chopped – mix of mint, parsley and coriander

### TO SERVE

Houmous  
Mixed salad leaves  
Red onion, finely sliced  
Mixed seeds  
Fresh mint leaves

## METHOD

1. Preheat the oven to 170°C fan.
2. Pierce the sweet potato a few times with the point of a sharp knife then place on a piece of kitchen paper and microwave for 5-6 minutes or until just soft. Set aside to cool a little.
3. Meanwhile, mash the chickpeas with a fork in a large bowl.
4. Sauté the onion in the oil in a frying pan for 2-3 minutes then add the garlic and spices and cook for another 2 minutes. Tip into the bowl with the chickpeas and stir in the tahini or peanut butter.



## METHOD CONT...

5. Cut the sweet potato in half, scoop out the flesh and add to the bowl with the chickpeas and onion mixture. Season well with salt and pepper then add the breadcrumbs and herbs and mix well. Alternatively, you can briefly blitz the mixture in a food processor but don't make it too smooth.
6. Form into small balls about 3-4cm diameter and place on baking tray lined with oiled foil. Bake in the oven for 10 minutes then increase the oven temperature to 200°C. Add the rustic rolls on a separate tray and bake for 10 minutes until the rolls and falafel are ready.
7. Split each roll in half and spread some houmous on the base of each one. Add some spinach or mixed salad leaves then a few falafel into each roll. Sprinkle over a few mixed seeds, some fresh mint leaves and a few slivers of red onion. Serve with extra houmous and salad on the side. You may have extra falafel which will keep in the fridge for a day or two.