

## **Carrot Fritters with Garlic and Yoghurt Sauce**

### **Ingredients:**

500g carrots peeled and grated

1 teaspoon cumin

1 teaspoon coriander seeds

1 tablespoon flour

1 tablespoon tahini

2 eggs

### **Garlic and Yoghurt Sauce**

1 garlic clove, minced fine

200g yoghurt

Juice of 1 lemon

1 pinch of ground cumin

### **What to do:**

- 1) Place the grated carrot in a colander, add 2 teaspoons of salt and mix. Set aside for 15mins.
- 2) Drain off the liquid and squeeze juice out of carrot with your hands.
- 3) Mix carrot, spices, flour, tahini and eggs in a bowl and season with salt and pepper.
- 4) Heat a drizzle of oil in a large frying pan. Cook spoonfuls of mixture and flatten with a spatula, cooking 2 mins each side until golden.
- 5) Meanwhile, combine all the garlic and yoghurt sauce ingredients in a bowl and season.
- 6) Arrange fritters on platters and garnish with your choice of edible flowers, lemon wedges, mint leaves and serve with the yoghurt sauce.