

Sweet Potato Asparagus Cakes with Lemon Basil Cream

GLUTEN-FREE + VEGAN



Tested and Approved by 86lemons.com

<http://86lemons.com/sweet-potato-asparagus-cakes>

YIELDS: about 20 2.5"-3" cakes

LEMON BASIL CREAM INGREDIENTS:

- 1 cup raw cashews, soaked in water for at least 3 hours, preferably overnight
- 1/2 cup packed fresh basil leaves
- 3 Tbsp fresh lemon juice
- 1 large garlic clove
- 1/4 tsp salt
- 1 tsp olive oil
- 1/2 cup water

ROASTED ASPARAGUS INGREDIENTS:

- 1 bunch cleaned asparagus (about 20 standard diameter spears), ends trimmed
- 1 Tbsp olive oil
- 1 Tbsp fresh lemon juice
- 1/2 tsp salt
- 1/8 tsp cayenne pepper
- 1/8 tsp fresh ground black pepper

CAKE INGREDIENTS:

- 2 Tbsp flax seed meal
- 6 Tbsp room temperature water
- 2 medium sweet potatoes, scrubbed and cut into large chunks (no need to peel)
- 1 15 oz can chickpeas, rinsed and patted dry
- 2-3 cloves garlic, minced
- 1 tsp salt
- 1/4 tsp fresh ground black pepper
- 1/4 tsp cayenne pepper (use more or less according to your desired level of spiciness)
- 2 sprigs of rosemary, leaves finely chopped
- 2 Tbsp chives, finely chopped
- 3 Tbsp buckwheat flour
- 1 15 oz can black beans, rinsed and patted dry
- roasted asparagus pieces (see above)
- olive oil for frying

FOR LEMON BASIL CREAM:

In a high-speed blender, add all ingredients for Lemon Basil Cream, starting with just ¼ cup water. Blend until completely smooth, adding more water if need, up to ¼ cup additional. Taste, adjust salt as needed. Scoop out mixture and store in fridge until ready to use.

FOR ROASTED ASPARAGUS:

Preheat oven to 400°F. Spread asparagus spears in a single layer on a rimmed baking sheet or baking dish. Drizzle olive oil and lemon juice over top. Sprinkle with salt, cayenne pepper and black pepper. Roll asparagus with hands to coat evenly. Bake 8–10 minutes, or until asparagus is tender, but still firm (not mushy). Remove from oven, cut spears into ½" pieces and set aside.

FOR SWEET POTATO ASPARAGUS CAKES:

STEP 1:

In a small bowl, mix flax seed meal and water until well combined. Set aside to thicken.

STEP 2:

In a small sauce pan, add sweet potato chunks and enough water to cover them. Cover with lid and cook over high heat. Bring to a boil, then reduce heat to low-medium and simmer for 10–15 minutes, until potatoes are tender enough to insert fork easily.

STEP 3:

In a food processor, add cooked sweet potatoes and chickpeas. Pulse until partially smooth, leaving some small pieces of potatoes and chickpeas for texture.

STEP 4:

Scoop potato/chickpea mixture into a large bowl. Stir in flax meal mixture, garlic, salt, black pepper, cayenne pepper, rosemary, chives; combine well. Add buckwheat flour; combine well. Stir in black beans and roasted asparagus pieces.

STEP 5:

Note: A splatter screen and apron are really helpful for this step, as the oil does get very hot and tends to make a mess.

In a large skillet, heat 1 to 2 Tbsp olive oil over medium-high heat. Using slightly wet hands, form cake mixture into balls (a little larger than a golf ball), carefully place into skillet as space allows, and flatten slightly with the back of a metal spoon. Cook for about 5 minutes, or until golden, crispy brown (not black). Carefully flip, flatten again slightly with spatula and cook for about 3 to 5 minutes more, until golden brown.

STEP 6:

Remove cakes from skillet and allow to drain on a double layer of paper towel. Repeat steps 4 and 5, adding more oil as needed, until all of the cake mixture is used. If cakes are browning too quickly, reduce heat to medium.

STEP 7:

Serve cakes warm with Lemon Basil Cream.