Carrot Cakes with *Harissa Yoghurt

**Season:** All Year  
**Type:** Vegetable  
**Difficulty:** Medium  
**Serves:** 8 or 16 tastes  
**Fresh from the garden:** carrots, egg, rocket  
**Recipe source:** Delicious Magazine

### Equipment:
- Knives  
- Chopping board  
- Bowls  
- Vegetable peeler  
- Colander  
- Cup measures  
- Spoon measures  
- Saucepan  
- Non-stick frypan  
- Egg flip

### Ingredients:
- 5 carrots  
- 400 gram can chickpeas  
- ¼ cup coriander leaves  
- 2 teaspoons ground cumin  
- 2 teaspoons ground coriander  
- 1 egg  
- 1 tablespoon harissa  
- 150 grams greek yoghurt  
- 1 tablespoon olive oil

### What to do:
- Peel and slice carrots then place in a pan of simmering water and cook until tender  
- Drain and return to pan for a short time to dry off any excess moisture  
- Open the chickpeas, drain, rinse and add to the carrots  
- Roughly mash together then transfer to a bowl  
- Allow to cool slightly  
- Add coriander, cumin, ground coriander and egg  
- Mix well and form into patties  
- Allow to cool in fridge for as long as possible to firm  
- Mix together yoghurt and harissa and set aside until ready to serve  
- Wash rocket well, ready for plating up  
- Heat the oil in a non-stick frypan and cook patties until golden on both sides  
- Serve with harissa yoghurt

*Harissa is a North African chilli paste.*