



Vegetable Patties

Prep: 5 Mins
Cooking time: 5 Mins

Ingredients

2 Medium Potatoes
2 Medium Carrots
4 Spring Onions
1 Red Pepper

1 Green Chilli
2 Garlic Cloves
1 TblSp Chopped Parsley or
Coriander

80g Chick Pea (Gram) Flour

1 Tsp Salt
1 Tsp Black Pepper

Per Batch of Patties

1 TblSp Veg Oil

Medium sized Non Stick Fry Pan

Preparation

1. Wash & peel the Potato & Carrots.
2. Grate the Potatoes and Carrots
3. Finely Chop the Spring Onions, Red Pepper, Green Chilli and Garlic

Method

1. Add the chopped ingredients in a bowl. Mix around.
2. Add the Gram Flour, Salt & Black Pepper.
3. Stir around to bind the mixture. Use your Hands and bind the mixture well, ensuring the Chick Pea flour is dissolved
4. Get 1.5 TblSp of mixture and use your palms to make a 'patty' compressing the mixture within your palms.
5. Make patties and place on a dish to cook.
6. Add 1 TblSp Veg Oil in a Medium sized non-stick fry pan.
7. Turn Heat to Medium (as we want the veggies and chick pea flour to cook through)
8. Place 3 or 4 patties into the pan (depending on size of pan, less is using a small pan)
9. Allow to cook on each side for about 2 to 2.5 minutes - until golden brown on both sides.
(total cooking time 4 to 5 minutes per batch of patties)

Ready! Serve with...

As the new healthy 'hash browns' with beans at breakfast
As a tasty Veg patty burger, in a bun with salad, vegan dressing, Veg*n cheese or ketchup
or simply and deliciously on their own!