

Veggie Cakes

These make for a brilliant little lunch with a salad and some sweet chilli sauce but I also like them for breakfast with a couple of poached or fried eggs.

This recipe calls for cooked mash, now by all means use leftover mash if you have any or make fresh mash. But to be honest with you I used a pack of good quality ready-made shop-bought mash. Also you could use sweet potato mash.

The choice is yours 👍



Makes: 10

Prep Time: 10 minutes

Rest/Marinate Time: 0

Cooking Time: 1 hour

Ingredients

- 450 g of cooked mash.
- 100 g of cooked rice
- 50 g of sweetcorn
- 1 carrot, grated.
- 1 onion, grated.
- 1 handful of peas.
- A small handful of fresh coriander, chopped.
- A small handful of fresh mint, chopped.
- 2 tbsps of Cajun seasoning.
- 1 tsp of garlic granules.
- 50 g of Panko
- 20 g of Parmesan.
- Plain flour for dusting.

Method

- Put all the ingredients apart from the flour into a bowl. Season with salt and pepper then mix.
- Divide the mixture into 10 equal size balls then shape into cakes.
- Place onto a baking tray and pop into the fridge for one hour to allow them to set.
- Next, put some flour onto a plate and lightly coat each side of the cakes.
- Now, in a large nonstick frying pan add enough oil to thinly coat the bottom of the pan. Fry the cakes over a medium to low heat for 4-5 minutes on each side. Or till golden and warmed all the way through.