

ROAST VEGIE PATTIES

These patties are an easy way to use up your left over roast vegetables.

They are healthy and nutritious and can be used as veggie burgers, a side dish or just on their own.



INGREDIENTS

- Roasted Vegetables
- Plain Flour
- Garlic
- Parsley
- 1 Egg
- Salt & Pepper

METHOD



1. In a bowl mash your cold roasted vegetables with a potato masher or a fork. These patties had Potato, Carrot, Pumpkin, Onion, Peas (add the peas after you have mashed).
Use whatever veggies you like or have on hand.
2. Add garlic, salt & pepper, finely chopped parsley and any other herbs or spices you like and mix it all together with a spoon. If your mash is too dry, beat an egg and mix that into the mash to help bind the ingredients together.
3. Scoop a small amount of the mix and in your hand form it into a patty. You can also use an oiled egg ring and fill that with the mix.



4. Pour some flour onto a plate, place the patty in the flour and lightly coat it. Toss the patty back and forth gently in your hand to remove the excess flour.
5. Heat a small amount of oil in a frying pan, when hot add the patties and cook on both sides until golden brown and warm inside - remember your veggies have already been cooked. When ready remove from the pan and serve

