

Vegetable Patties (Mexican Inspired)

Season: Winter

Type: Main

Serves: 32 tastings

From the garden: Sweet potato & broccoli

Class focus: Grating vegetables & mashing beans



Equipment:

Large mixing bowl x 1
Wooden spoon x 1
Chopping boards and knives
Measuring cups
Measuring spoons
Fork x 2
Grater x 2
Colander x 1
Baking paper
Baking tray x 2
Serving plate x 5
Kitchen tong x 5

Ingredients:

2 broccolis (roughly grated)
3 sweet potatoes (skin-on, roughly grated)
1 onion (finely chopped)
1 clove garlic (minced)
2 cans Cannellini Beans (drained & mashed)
1 teaspoon dried oregano
1 teaspoon smoked paprika
2 teaspoons cumin
1 ½ cups breadcrumbs
¾ teaspoon salt
10 grinds of pepper

What to do:

1. Heat oven to 200C.
2. Wash the vegetables.
3. Prepare all of the ingredients based on the instructions in the ingredients list.
4. Combine all the ingredients in a large mixing bowl. Mixture will be slightly crumbly but if it is too dry to roll into balls, add 1-2 tablespoons of water.
5. Use your hands to roll a tablespoonful of mixture into a ball.
6. Place on lined baking trays, you should get around 32 patties in total.
7. Bake in the oven for 15 minutes, or until cooked through.
8. Serve into 5 serving plates with a kitchen tong in each.

For gluten free option:

Add the breadcrumbs at the end so you can take a portion out without breadcrumbs for the gluten free students.