

Leftover Vegetable Patties...

PREP: 5 mins COOK: 15 minutes

This is fantastic budget food. Sometimes we do not have any meat left by the end of the week, but have the odd vegetable and a few odds and ends left in the refrigerator.

INGREDIENTS:

Leftover Vegetables
(carrots, parsnip, broccoli, potato, pumpkin, cauliflower, peas etc)

1 Egg

½ Onion, finely diced

1½ tablespoons Flour

Salt & Pepper

1 tablespoon Olive Oil

Mash all the cooked vegetables in a bowl. Add Egg, Onion, Flour, Salt and Pepper and mix. Place the bowl in the fridge and leave for 10 minutes.

Heat Olive Oil in a non-stick frypan. Place spoonfuls of the mixture in the hot oil and cook on a medium heat.

NOTE: If you like a more tasty version you can add garlic, parsley or any indian spices, curry or sauces. In some cases you will then need to add more flour or even breadcrumbs, but not too much.

The patties are very tasty accompanied with salad.



For other easy family recipes and
amazing money, time and planet saving ideas go to:

www.savingmum.com.au