

GF Friendly

Meat Patties with Bubble & Squeak

Fried meat patties with fried potato and cabbage mash

These are beef patties, but can also be made as vegetarian by substituting other vegies for the meat; like chopped green beans, or pumpkin. The same applies to the bubble and squeak; but even if the kids hate cabbage, mashed well with the potato they probably won't even notice.

Patties:

- 200g beef mince, or other meat mince
- ½ cup grated carrot
- ½ cup finely chopped onion
- ¼ cup breadcrumbs
- ½ tsp mixed herbs
- 1 egg
- 1 Tbsp BBQ or brown sauce
- Salt & pepper (optional)



Bubble & Squeak:

- 2 medium / 300g potatoes
- 2 cups chopped cabbage
- Salt & pepper (optional)
- 1 Tbsp olive or cooking oil

Peel and dice potatoes, place in a pan and cover with water. Top with the cabbage, bring to the boil, then turn down to simmer for 10 minutes or so covered until the potato is soft. Drain off the water, add a shake of salt and pepper if desired. Mash well and divide into 4 portions.

While the mash is on the boil, prepare the patties. Mix all of the ingredients for these in a bowl, ensuring the meat is separated and well combined. Form into 4 balls, then press to flatten on a cutting board.

Warm the oil in a frypan and first fry the bubble & squeak until golden brown. Consign to a warm oven. Next, fry the patties in the same pan, turning occasionally to cook through and brown. Serves 4 with extra vegies and gravy.

Tip: A whole cabbage keeps longer than one cut in half. Placed in a plastic bag and wrapped tightly to exclude the air it will stay fresh for over a month in the vegie crisper of the fridge. Simply take however many leaves are needed from the outside, then return to bag.



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