

GF Friendly

Meat and Potato Patties

A budget Indonesian-style beef and potato patty

When I first found this recipe it sounded interesting; but I didn't have some of the ingredients like shallots and spring onions. So, I substituted a brown onion and added some chopped mint which gave the patties a pleasant flavour. Instead of beef, the meat mince can be any you prefer. Vegetarians can leave it out altogether. You can also experiment with spices of your choice, but be careful not to overdo it.

- 500g potatoes
- 200g beef mince
- 1 small onion, finely chopped
- 1 Tbsp fresh mint, chopped finely
- 2 eggs, separated
- salt & pepper (optional)
- 1-2 Tbsps olive oil, or other



Peel and boil the potatoes until soft; then drain, mash and set aside.

Fry the beef mince in a pan on low, breaking it up along the way. Drain the fat and set the meat aside to cool. Put a little oil in the same pan and sauté $\frac{3}{4}$ of the chopped onion until just browning.

Put the egg yolks in a bowl and add the rest of the **uncooked** chopped onion. Now mix in the mashed potato, meat, sautéed onion and chopped mint; plus a shake of salt and pepper if using. Form by hand into 6-8 slightly flattened patties and refrigerate on a tray for 20 minutes to set.

Finally, beat the egg whites in a bowl, dip each patty to coat and fry until brown both sides. It might pay to do these in batches as they will be easier to turn without breaking.

Makes 6-8 patties

okay to freeze

Tip: line the frying pan with baking paper (see Handy Hints HH53). This prevents the patties from sticking. Ensure to spread the oil carefully to avoid tearing the paper.

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