

GF Friendly

Porkies

Curry-flavoured pork and pumpkin patties

I thought I'd try a mixture of methods with this one and had originally intended to coat the patties in breadcrumbs. Needless to say, I changed my mind and I'm glad I did. Flavour is probably the most interesting thing about Porkies; and it can be changed to suit individual tastes by adding or substituting different spices and herbs. Even the type of meat can be swapped (so you could make Beefies or Chookies instead). Just be careful of adding any liquids like tomato or barbecue sauce, though – the mixture is soft enough already.

300g pork mince
 1 cup diced pumpkin
 1 tsp chicken stock powder
 1 tsp mixed herbs
 1 tsp curry powder – Clive of India, or other
 1 Tbsp self raising flour
 1 egg
 Salt and pepper (optional)
 1 Tbsp olive oil, or other



Boil the pumpkin until soft; then drain and mash. Beat the egg. In a bowl, mix the dry ingredients with the beaten egg before adding the meat mince. Work this in with the back of a fork, breaking up any lumps of meat. Finally put in the mashed pumpkin and combine well.

Warm the oil in a frying pan. The mixture is fairly soft, so it is best to spoon mounds of it into the pan and carefully form into patties with a spatula or slice. You can be creative here, making them whichever shape takes your fancy; but just remember that they will need turning a couple of times and you don't want bits falling off. Fry, turning occasionally until golden brown.

Serves 2-3 with vegetables of choice and gravy

okay to freeze

Tip: if not needed immediately, leave the Porkies in the pan and turn off the heat. Prior to serving, re-heat for two or three minutes.

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