

Spicy Vegetable Patties

Ingredients

150g carrots

150g courgette

50g onion

1 tablespoon chopped fresh parsley

150g low protein flour, extra for shaping

1 teaspoon baking powder

2 teaspoons curry powder/garam masala

Salt and pepper to season

Oil for cooking

Method

1. Grate the courgette, leaving the skin on if you wish. Grate the carrots and finely chop the onion. Place them all together into a bowl with the parsley and stir well.
2. Place the low protein flour, baking powder, curry powder/garam masala, salt and pepper into a separate bowl and stir well.
3. Add about half of the flour mixture to the vegetables in the bowl and stir using a large metal spoon until blended. Then add the rest of the flour and stir well.
4. Take about 1 tablespoon of the mixture and, using a little extra flour, shape into patties about ½cm thick.
5. Heat the oil in a frying pan and add the patties. Cook over low-medium heat for a minute or so and then turn them over. Cook until golden brown and slightly risen. Serve hot.

Note

The patties freeze well. Leave them to cool before wrapping and storing in the freezer. Defrost before heating.