

## Potato Cutlets

### Ingredients

1 small potato boiled and mashed

Low protein milk

Low protein breadcrumbs

Butter/margarine

Low protein flour

Seasoning

### Method

1. Measure out one potato exchange.
2. Roll into a ball using low protein flour to bind.
3. Add seasoning.
4. Flatten into the desired shape.
5. Coat with protein free milk, and then add in protein free breadcrumbs.
6. Fry in cooking oil or butter.
7. Flavourings can be added, e.g. chopped onion, chives or mixed herbs.

