

# The ultimate veggie pattie

Food Smart Schools • another naq nutrition program

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Veggie patties made on site can be a healthier, cheaper and tastier option compared to commercial patties. Why not try making your own? The ultimate veggie pattie recipe below is a GREEN tuckshop tested, fail-safe winner and can be pre-made and frozen, ready for use at a later date.

## Makes 15 patties

### Ingredients

- 500 g sweet potato, peeled, cut into 2 cm pieces
- 1 zucchini, diced
- 400 g can chickpeas, rinsed
- 1/3 cup couscous/bread crumbs
- 2 teaspoons curry powder
- 2 garlic cloves, crushed
- 2 eggs, lightly beaten
- Olive oil spray



## Method



1. Place sweet potato in a microwave safe dish with 1 tablespoon of water. Cover and microwave for 3 - 5 minutes on high or until just tender. Transfer to a food processor.



2. Add zucchini, chickpeas, couscous/bread crumbs, curry powder, garlic and egg to the mixture. Mix in the food processor until smooth and well combined.



3. With clean, damp hands, form mixture into 15 patties, 1.5 cm thick and large enough to fit into a bread roll.

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## Cooking method

**Stove top:** Spray oil in a large non-stick frying pan over medium heat. Cook patties for 3 - 4 minutes each side or until golden and heated through.

**Oven:** Preheat oven to 175°C, line a baking tray with baking paper and place patties in a single layer on tray. Lightly spray with oil. Bake for 25 - 30 minutes, turning after 15 minutes, until golden and crisp.

## Serving suggestion

Serve with low fat natural yoghurt, mango chutney and salad on wholemeal or wholegrain bread rolls.

Flavours can be adjusted to suit the needs of your customers. For more adventurous customers try adding more curry powder or Garam Masala or try serving the burger with fresh herbs e.g. coriander or with Asian slaw.

## Freezing patties

1. Place prepared patties on a large baking tray lined with baking paper
2. Cover with cling wrap and place in freezer for 45 - 60 minutes.
3. Once the patties are frozen, place them in a freezer safe zip lock bag. Place a piece of baking paper between the layers so they don't stick.



## Food safety tip

- Vegetable patties will last up to two months in the freezer.
- **To defrost:** place patties in fridge overnight. Patties will last two days in the fridge before cooking.