

# Corn and Sweet Potato Cakes

OSHC

## Ingredients

- 2 – 3 large sweet potatoes (8 cups of cooked, mashed sweet potato required)
- 1.5 cups grated cheese
- 2 cups corn kernels (fresh, frozen or tinned)
- 3 eggs, whisked
- Herbs: chives, coriander or parsley (optional)
- Olive oil

**Serves:** 20

**Prep Time:** 20 mins

**Cook Time:** 20 mins



## Method

1. Peel, dice and boil sweet potatoes until soft. Drain well and mash. Allow to cool slightly.
2. In a large bowl, combine the mashed sweet potato, grated cheese, corn kernels, whisked eggs and herbs (if using).
3. Spoon the mixture into 40 cakes (~1/4 cup mixture per cake), then roll and flatten into cakes.
4. Heat a little olive oil in a non-stick frypan over a medium heat. Cook the cakes for a few minutes on each side, until golden brown. Alternatively, bake the cakes on a lined baking tray in an oven preheated to 180°C for 5 minutes on each side or until golden brown.

### Recipe Notes:

You can swap the sweet potato for regular potato in this recipe. To add different flavours, try adding smoked paprika, garlic or lemon zest to the mixture. Serve for breakfast, morning or afternoon tea, or as an accompaniment at a main meal.

Food Group	Serves per portion
Vegetables	1
Fruit	0
Grain foods	0
Lean meat and alternatives	0
Milk, yoghurt and cheese	0.2