



**save
YOUR
SPUDS**

Potato veggie pancakes

Serves four

Vegetarian

Ingredients

3 large potatoes washed and grated,
not peeled

1 carrot grated

1 cup frozen peas

1 cup grated cabbage or spinach
chopped

2 stalks sliced spring onion

3 eggs

2 tbsp self raising flour

1 medium onion

1 tsp salt

1/2 tsp turmeric

Oil for frying

1 tsp ground pepper

Method

1. Combine all the veg and potato, add the turmeric, salt and pepper.
2. Beat the eggs and add to the mixture then add the flour and mix well.
3. Heat a tablespoon of oil in a frying pan and add spoonfuls of the mixture.
4. Fry gently turning often until fully cooked and golden.
5. Serve with your favourite chutney or dip.

● Contains egg