

## **Recipe Card: Crispy Oil-free Baked Potato Cakes**

Recipe makes 22 cakes

### Ingredients:

- 9 potatoes (variety suitable for mashing)
- ½ large cauliflower
- 1 cup frozen peas
- 2 spring onions
- 2 cloves garlic
- 2 tbs curry powder
- 1 cup vegan gluten-free bread crumbs
- ½ sesame seeds
- Salt & pepper to taste

### Method:

Peel and chop the potatoes into large pieces. Boil until cooked (soft enough so it is easy to mash) drain and set aside.

Chop up cauliflower and boil until soft. Drain and set aside

Once the potato and cauliflower has cooled add the frozen peas, spring onions, garlic cloves, curry powder and salt and pepper to taste.

Combine the ingredients, I prefer to do this by hand because I prefer it and that's what my mum does but you can use whichever method you feel comfortable using.

Prepare the crumb mix: Combine the breadcrumbs, sesame seeds and season with salt and pepper.

### Assembly:

Set aside a bowl of warm water to assist with forming the cakes, and line your baking trays with non-stick baking paper.

Wet your hands and then take about 4-5 heaped tbsp of mix in your hands and form into a patty shape.

Generously coat in the crumb mix before placing onto the baking tray.

Preheat oven to 180°C/356°. Cook for 30-40 minutes on one side and then turn and cook for a further 10 minutes or until golden and crispy. Serve with your favourite dipping sauce.