



Stuffed Spiced Potato Cutlet

SNACKS & LIGHT MEALS

Recipe makes 5-7 cutlets

Ingredients:

For step 1:

Firm tofu: 300 grams(11 ounces)

Tahini(unhulled): 1 tablespoon

Balsamic vinegar: 2 tablespoons

Madras curry powder: 2 tsp

Salt to taste

For step 2:

White potatoes(Suitable for mashing, we used Red Desiree in the recipe) 4-5 medium-sized potatoes

Sweet potato: 3 medium-sized

For step 3:

Spanish onion: 1

Frozen peas: 1 cup

Crushed garlic: 3 cloves

Spiced tofu crumble (baked and cooled)

Salt to taste

For step 4:

Potatoes (peeled, cooked and mashed) (season to your liking)

Spiced tofu crumble filling

Gluten-free cornflakes (ground to the consistency of fine bread crumbs) 2 cups

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Method:

Step 1: Marinate the tofu crumble filling

The tofu is replacing ground meat which is what is used in the traditional recipe so crumble the tofu to a similar size, some slight variation is fine in fact I think it makes it a bit more interesting, texturally. I prefer to do this with my hands because it's easier to control the consistency of the crumble.

Add the balsamic vinegar, madras curry powder, tahini and salt to taste. Combine the ingredients and massage the flavourings into the tofu crumble.

Allow to marinate for at least 1 hour.

Once marinated scatter the crumble onto a lined baking tray. Try and make the layer as thin and even as possible.

Place your oven on bake at the temperature 180°C/355°F and cook for 15-20 minutes. If you have an oven that is on the smaller side then you'll need to cook it for slightly longer and mix and turn more frequently during the cooking process. Keep a close eye on it as it can brown very quickly. You're looking for a golden brown colour.

Step 2: Steam potatoes

In the recipe, we use a combination of white and sweet potatoes. This is because the white potatoes are more savoury and are what is used in the traditional recipe. The sweet potatoes have a higher concentration of natural sugars which are released when baked, and these natural sugars combined with the cornflake crumb provide a crunch and golden brown colour without the need for oil(which is what we're all about!).

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Peel the potatoes, chop them into pieces and steam. I prefer to steam my potatoes for this recipe because it prevents them from getting water-logged and mushy which can happen if you boil the potatoes. If the potatoes get too mushy then it's tricky to form them into the patty shape.

Step three:

To a hot pan add your chopped onion and cook until lightly brown, then add the peas, crushed garlic, cooked tofu crumble and mix. Turn off the heat and set it aside.

Step flour:

Mash and season the potatoes then set aside. Grind the gluten-free cornflakes until they become the consistency of a fine bread crumb.

Scoop a mound of potato mash and flatten out using your hands, dip your hands in water in between to help form the shape and to stop the mash from sticking to your hands. Then in the centre of the mash disk, place a generous amount of filling, leaving space around the edge. Place more mash on top, flattening with your hands, if there are gaps place more mash and flatten down with slightly wet hands.

Place into the cornflake crumb and coat generously. Transfer to a lined baking tray and repeat the process until all the patties have been made.

Bake at 180°C/355°F for 20-30 minutes or until golden brown.

The cutlets pair beautifully with our raw coriander/cilantro chutney, see our website under 'Sauces, Spreads & Basics' for the recipe.