



OLD FASHIONED 'BUBBLE & SQUEAK'

ADULT HELP REQUIRED

What happens to the leftovers in your house? This is a yummy, old fashioned recipe that provides a great way to reduce waste, using leftovers from the fridge! It's also a great way for families to spend time together, and for kids to learn basic baking skills and healthy eating habits.

INGREDIENTS

Use leftover, cooked vegetables that might otherwise be discarded:

- 2 cups mashed potato (or any other mashed vegetable)
- 2 cups of any other leftover vegetables or herbs in your fridge finely chopped or grated (e.g. carrot, zucchini, peas, corn, broccoli, capsicum etc)
- 1 cup self-raising flour
- 2 eggs
- 1 cup bread crumbs (a great way to use up bread)
- salt and pepper to taste

STEP 1: PREPARE THE VEGETABLES

- Mash the potato if needed.
- Chop or grate the vegetables and herbs.
- Place all the vegetables into a bowl.
- Add 1 egg and combine.

EQUIPMENT

- Mixing bowl
- Frying pan
- Grater
- Measuring cups
- Egg flipper
- Butter/Oil for pan



STEP 2: CRUMB THE VEGGIE PATTIES

- Place the flour, lightly beaten egg and bread crumbs each in a separate bowl (one for the flour, one for the egg and one for the bread crumbs).
- Take a ½ cup of vegetable mix and form it into a ball.
- Gently coat the ball with flour.
- Then coat the ball with the beaten egg.
- Then coat the ball with bread crumbs.
- Gently flatten the ball to create a patty and put aside
- Repeat until all the vegetable mix is used.

STEP 3: PAN FRY

- Place a glug of oil in a pan and heat.
- Fry the patties for about 8-10 minutes on each side or until crispy brown.
- You can eat them on their own, with a salad or make a veggie burger! Yum!

