

Parsnip Patties with Spiced Mince

Ingredients

- 1T oil
- 1 onion, chopped
- 1T turmeric
- 1T ground coriander
- ½ t ground cumin
- 500g minced beef
- 425g can tomato puree
- ½ cup water
- 1 small beef stock cube
- 2T sugar
- 1T fresh parsley, chopped

- 500g parsnips, coarsely grated
- 2T plain flour
- 2 eggs, lightly beaten
- 2T oil

Method

1. Heat oil in pan; add onion, turmeric, coriander and cumin, cook, stirring, until onion is soft.
2. Add mince, cook, stirring, until mince is well browned. Add puree, water, crumbled stock cube and sugar, bring to boil, simmer, uncovered, until mince is tender. Spoon mince mixture over parsnip cakes, sprinkle with parsley.

Patties:

1. Combine parsnips, flour and eggs in bowl; mix well.
2. Heat oil in pan, drop 1/3 cup of mixture into pan, flatten with egg slide, cook on each side until crisp; drain on absorbent paper.

Serves 4



So sweet. So fresh. So tasty!

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