

Fresh for Kids®

Bubble & squeak potato cakes



Bubble & squeak potato cakes

Preparation: about 15 minutes

Cooking: about 12 minutes

Makes: 8

- 1/3 cup olive oil
- 2 green onions (shallots), finely sliced
- 2 cups finely shredded Chinese cabbage
- 1 medium carrot, grated
- 2 cups cold mashed potatoes*
- 1 egg, lightly beaten
- 1/4 tsp ground nutmeg
- Salt and freshly ground black pepper
- 1 tbs plain flour
- 2 tbs butter

*Made with about 600g peeled King Edward, Desiree or Spunta potatoes. Do not add milk or butter to the mashed potatoes.

1. Heat 2 tbs oil in a medium frying pan over medium-high heat. Add green onions, cabbage and carrot and cook, stirring often, for 5 minutes or until very tender. Set aside to cool for 10 minutes.
2. Place mashed potatoes in a bowl. Add cabbage mixture, egg, nutmeg and season with salt and pepper to taste. Mix until well combined. Form mixture into 8 patties. Dust patties lightly in flour.
3. Wipe out the frying pan with paper towel. Add remaining 2 tbs oil and butter and heat over medium heat. Cook patties for 2-3 minutes on each side until golden. Drain on paper towel and serve.

Fresh for Kids®
freshforkids.com.au



Chinese cabbage

- The crisp light crunchiness of raw Chinese cabbage makes it a great way to give kids some of their daily vitamin C (important for healthy teeth and gums).
- Chinese cabbage is a good source of the B vitamin folate (important for healthy cells throughout the body). Keep maximum folate by giving cabbage to kids either raw or very lightly stir-fried.