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veggie patties

PREPARATION

ingredients

Any leftover veggies from the day before or use 2 potatoes
1 onion
2 carrots
½ sweet potato cup frozen mixed veggies
2 eggs
1 cup milk

method

Roughly dice all fresh veggies, place in saucepan & when nearly cooked add frozen veggies
Allow to soften
Drain off water and mash together with 1 egg.
When cooled enough to handle make into patties and roll in flour then mix 1 egg and milk together, dip patties in milk mix then in bread crumbs
Refrigerate for ½ hour Heat oil to 160 degrees and deep fry.
Serve with salad

