**Vegan Potato Cakes**

**Ingredients:**

450g potatoes

1 small onion

50g canned sliced carrots in water

25g parsley

100g easy cook rice

2 x 5ml spoon olive oil

Black pepper

*Matthew recommends this his potato cakes are served with*

*tomato-topped crusty bread and a chunky yogurt dip*

**Tomato-topped crusty bread**

½ small red onion

2 garlic cloves

6-8 basil leaves

1 small crusty loaf

400g can chopped tomatoes

30ml balsamic vinegar

1 x 5ml spoon olive oil

**Chunky yogurt, cucumber and mint dip**

¼ cucumber

Mint leaves (approx. 10 depending on size)

100g reduced fat natural yogurt

¼ x 5ml spoon cumin

**Equipment**

Peeler, vegetable knife, chopping board, large saucepan, potato masher, colander, small saucepan, measuring spoon, frying pan x 2, heat proof spoon, mixing bowl x 2, mixing spoon, bread knife.

**Method**

1. Prepare the ingredients:
	* peel and quarter the potatoes;
	* peel and dice the onion;
	* drain and roughly chop the carrots;
	* chop the parsley.
2. Place the potatoes in a saucepan and cover with cold water. Bring to the boil and cook until they are tender, approximately 10 minutes.
3. Drain and mash the potatoes.
4. Rinse the rice and place in a pan of boiling water. Cook until soft, approximately 10 minutes.
5. Drain the rice once cooked.
6. Heat the oil in a frying pan and gently fry the onion and carrot until they are soft, but not coloured.
7. In a bowl combine the mashed potatoes with the rice, onions, carrots and parsley. Season with black pepper.
8. Divide the mixture into 8 equal portions and shape into circles in your hands.
9. Heat 1 x 5ml spoon olive oil in the frying pan and gently cook the potato cakes until they are golden brown.

**Method – tomato-topped crusty bread**

1. Prepare the ingredients:
	* peel and dice the onion;
	* peel and crush or chop the garlic;
	* roughly chop the basil leaves;
	* thickly cut the crusty bread;
	* drain the canned tomatoes to remove most of the juice.
2. Heat the oil in a frying pan and add the onion and garlic. Gently fry for 3-4 minutes until soft, but not coloured.
3. Add the drained tomatoes and basil leaves and cook for a further 5 minutes.
4. Toast or grill the bread, if desired, and top with the tomato mixture.

**Method – chunky yogurt, cucumber and mint dip**

1. Prepare the ingredients:
	* roughly chop the cucumber;
	* roughly chop the mint.
2. Place the cucumber and mint in a mixing bowl and add the yogurt and cumin. Mix to combine.

**Matthew’s top tips:**

* Add grated cheese to add protein and calcium (if not vegan).
* To save money use canned and frozen vegetables. Buy big bags of rice on special offer.
* Roast the potato peelings in the oven with a little spray oil and seasoning for a fun alternative to traditional potato crisps!