



HARVEST OF THE MONTH

JANUARY 2021

RECIPE CARROT AND SWEET POTATO PATTIES

A delicious blend of Carrot and Sweet Potato that is perfect for breakfast, lunch or dinner!



Qty	INGREDIENT
1	SWEET POTATO, washed & peeled
3	CARROTS, washed & peeled
2 TBSP	FLOUR OF YOUR CHOICE
¼ TSP	GARLIC POWDER
1	EGG, slightly beaten
2	GREEN ONIONS
1 TBSP	OLIVE OIL
DASH	BLACK PEPPER
1 TSP	CHOPPED PARSLEY
DASH	SALT



- | Step | Instructions |
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| 1 | Chop green onions and Set aside. Chop Parsley and set aside. |
| 2 | Using a grater, grate the carrots and sweet potatoes into a large bowl. |
| 3 | Add the spices, egg, green onions and flour into the bowl with the sweet potato and carrot. Using a fork, mix all ingredients together until well blended. |
| 4 | Place a medium sized skillet on stove and heat over medium high heat. Add oil to pan. |
| 5 | Scoop 1 TBSP. of the mixture into the pan and gently press down with the back of the spoon to form a patty. |
| 6 | Cook until edges are golden brown. Flip over and cook the other side. |
| 7 | Carefully remove from pan and drain on a plate lined with a paper towel. |
| 8 | Serve warm and garnish with chopped parsley and a sprinkle of salt. Enjoy! |