

Lamb and Sweet Potato Patties

Serves: 4

Prep time: 15 minutes

Cook time: 25 minutes



2 serves per portion

Ingredients

500g sweet potato, scrubbed clean and diced

5 tablespoons olive oil

1 onion, diced finely

2 cloves of garlic, finely sliced

1 tablespoon ginger, grated

2 teaspoon soy sauce

1 tablespoon oyster sauce

1 cup coriander, chopped

2 cups of lamb, cooked and shredded

Pepper

½ cup plain flour for dusting.

Sweet chilli sauce to serve.



Everyday Food

Method

BOIL sweet potato for 10 minutes. Mash with a fork and cool.

HEAT 1 tablespoon olive oil in a pan and add onion and garlic. Cook for 3 minutes then add ginger. Cook for a further minute then remove from heat.

MIX sweet potato, onion mix, soy sauce, oyster sauce and coriander in a bowl then fold in the lamb.

DIVIDE mixture into 8 patties then dust each patty in flour.

HEAT half of the remaining olive oil in pan and fry patties in batches for 3-4 minutes each side.

SERVE with green salad and sweet chilli sauce.

Recipe courtesy of the Beverly Jones, Middle Ridge Branch