



Veggie Patties--For healthy Veggie Burger

Makes - 8

Preparation Time: 15 min. approx

Cooking Time: 15 min. approx

Ingredients:

1. Potatoes—4 (red medium size)
2. Carrots-2 medium size
3. Cauliflower- 1/4 of one medium Cauliflower
4. Zucchini -1green medium size
5. Bread crumbs- 1 1/2 cup
6. Cumin seeds-1 tsp
7. Red chilli - ¼ tsp(optional)
8. Dry Mango powder-1/2 tsp
9. Coriander leaves - Chopped—1 tsp.
10. Hing- A pinch
11. Green Chilli-1(optional)
12. Ginger-1 small piece
13. Oil
14. Salt--According to taste



METHOD OF COOKING—

1. Microwave Potatoes for 8 min.(If boiled,it's get sticky) then peel them once cold.
2. Grate Carrots,Cauliflower,Zucchini,Ginger
3. Mash Potatoes,mix all grated veggies,ginger,cilantro, one cup of breadcrumbs,spices and salt
4. Make regular size balls of the mixture,(might make 8 balls) coat them with bread crumbs
5. Heat the heavy bottom griddle and grease the surface with oil
6. Put those balls on the griddle and let it cook both side.Sprinkle oil both side to cook
7. Press them gently to flatten the patties with the help of flat spoon
8. Let them cook on slow heat till both sides are nicely cooked.(should look dark brown)
9. Veggie Patties are ready to make burgers

TIPS---

1. Can use other veggies like Spinach, Green Peas too or any Veggie which can be grated and can easily binded
2. It's good to microwave potatoes because boiled potatoes can be sticky in binding
3. For binding, can use all purpose flour instead
4. Can make more patties at once and freeze them for later use.