

Root vegetable cakes

Total time **50 mins** 50 mins preparation time

INGREDIENTS

8 portion(s)

For the root vegetable cakes

- 225 g** sweet potatoes
- 225 g** parsnips
- 2 tbsp** groundnut oil, plus extra, for shallow frying
- 1** red onion, peeled and finely chopped
- 225 g** carrots, grated
- 1 tbsp** finely chopped fresh rosemary leaves

For the coating (see tip)

- 2 tbsp** cornflour
- 1** egg
- 2 tbsp** polenta

For the soy and chilli sauce

- 2 tbsp** Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce
- 1 tbsp** chilli sauce, or to taste
- 2 tbsp** tomato ketchup
- 1 tbsp** lime juice
- 1** spring onion, finely chopped

PREPARATION

Step 1

To make the vegetable cakes, scrub the sweet potatoes and parsnips, peel and cut into 2.5cm chunks. Cook in a pan of hot water until tender when pierced with a skewer. Drain and coarsely crush with a fork.

Step 2

Heat 2 tablespoons oil in a frying pan and fry the onion over a low heat for 5 minutes until softened. Transfer to a mixing bowl, stir in the carrots, rosemary and crushed vegetables and stir until evenly mixed.

Step 3

Leave to cool and then shape the mixture into eight round flat cakes. Dust with cornflour, brush with beaten egg and coat in the polenta. Chill the cakes for 1 hour or longer to firm them up.

Step 4

Heat oil for shallow frying in a large frying pan and cook the vegetable cakes for about 5 minutes on each side or until golden brown, turning them over once. Drain from the pan onto a plate lined with absorbent kitchen paper.

Step 5

To make the sauce, whisk all the ingredients together until combined. Spoon the sauce into a serving bowl and sprinkle with the chopped spring onion. Serve the vegetable cakes hot,

accompanied with the sauce.