KIKKOMAN

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 vegetables cakes hot,

accompanied with the sauce.