

# 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 cornflour1 egg2 tbsp polenta

For the soy and chilli sauce

**2 tbsp** <u>Kikkoman Naturally</u>

**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.