

# Vegetable bean patty

Assignment task



## Ingredients










### Serves 2

- 1/2 can butter beans, drained and rinsed*
- 1 carrot, grated*
- 1 courgette, grated*
- 1/2 clove garlic, crushed*
- 1 egg*
- 1/4 cup dry breadcrumbs*
- 2 teaspoons oil*

## Method

1. Place beans into a bowl and mash.
2. Mix mashed beans with carrots, courgette, garlic, eggs and breadcrumbs together.
3. Heat oil over medium heat in large frying pan.
4. Spoon mixture into frying pan, a few at a time, avoid overcrowding.
5. Cook on both sides using a spatula until golden brown and cooked through.
6. Remove patties from the frying pan and place on paper towels on a board, keep warm. Repeat if necessary.

## Equipment

-  Bowl
-  Can opener
-  Colander
-  Grater
-  Large frying pan
-  Measuring spoons
-  Paper towels
-  Potato masher
-  Spatula or fish slice

## Preparation and cooking skills

Drain, grate, slice, mash, fry.