Sweetcorn and zucchini potato cakes

Preparation time

15-20 minutes

Serves

1

Recipe courtesy of

Talia Cecchele, Accredited Practising Dietitian (APD)

This recipe featured in the 2017 Australia's Health Weight Week, APD Cookbook, created in collaboration with Dietitians Australia and Nutrition Australia, ACT.



Ingredients Method Nutrition

1 large egg

20ml milk

½ tsp crushed garlic

½ tsp ground turmeric

½ medium zucchini grated

1 medium potato diced and steamed till soft

½ cup corn kernels, rinsed

1 tbsp extra virgin olive oil

plain or gluten-free flour to thicken (about 2 tbsp)

1. Whisk egg with milk, garlic and turmeric.
2. Add raw zucchini, potato and corn to the egg mix.
3. Season with pepper and stir in desired flour to thicken if runny.
4. Heat oil in a pan over medium-high heat and drop 2 tbsp mixture, flatten with the back of a spoon and cook on each side until golden brown.
5. Stack potato cakes and they are ready to serve.
6. Serving suggestion (not included in nutrition information): top with Greek yoghurt or avocado and serve with a side of baby spinach leaves for extra fibre. Or enjoy as a side with poached eggs and salad (serves 2).

Nutritional information is provided per serve

Engery	2429kJ (581 calories)
Protein	19g
Saturated Fat	4g
Total Fat	25g
Carbohydrates	65g
Sugars	8g
Dietary Fibre	9g
Sodium	102mg