

ROOT VEGETABLE PATTIES

Spiral Expert



Preparation : 15 min - **Resting :** - - **Cooking :** 10 min - **Equipment :** Spiral Expert + Spaghetti Cone

Ingredients : 4 PEOPLE

- 1 large onion - 1 parsnip (150g) - 5 potatoes (450g) - 2 medium-sized carrots (100g) - 1 egg - 50 g plain flour - 3 tbsp sunflower oil - Salt & pepper

1. Peel and top and tail the parsnip and carrots. Peel the potatoes. Spiralize all with the SPAGHETTI cone. Cut into smaller spaghettis.

2. Chop the onion.

3. Pat the vegetables with kitchen paper to remove any excess moisture, then transfer to a large bowl and add the flour, egg, salt and pepper. Combine thoroughly. Shape into patties.

4. Fry the patties on one side in a frying pan with sunflower oil over a moderate heat for 4-5 minutes until crisp. Flip over with a spatula and fry on the other side for a further 4-5 minutes. Check that the patties are cooked. Divide between the plates.

Cook Expert ■