

# Bubble & Squeak



*This recipe is a good way to use up leftover vegetables and only uses a few basic ingredients to make something yummy for the whole family. Experiment with different vegetables, herbs and even cheese if you fancy! You could serve this with bread, sausages or on its own as a snack.*

## Ingredients

*Makes 8 patties*

- 500ml vegetable stock (1 cube)
- 2 large potatoes/1 tin potatoes
- 1 large carrot/1 tin carrots
- 2 tbsp. oil
- 1 onion
- Good handful spring greens/cabbage
- 1 egg
- 1 tbsp. plain flour

## Method

1. Make up the stock and bring it to the boil in a medium sized saucepan. Dice the potatoes and carrots and add to the stock.
2. While cooking, finely slice the onion and cabbage. Add the oil to a frying pan and start to cook the onion and cabbage until soft.
3. When the potatoes and carrots are cooked, drain the stock (you could keep this for soup!). Add the onions and cabbage to the saucepan and mash together.
4. Then, add the egg and flour and mix (this helps to bind the patties but isn't essential).
5. Refrigerate for 1 – 2 hours allowing the mixture to set.
6. Heat a little oil in a frying pan, pop a heaped tablespoon of mashed vegetable in and slightly flatten it with a spatula.
7. Cook on medium heat and flip until golden and crisp on each side. This should take around 12-15 minutes.

