

JAMAICAN VEGGIE PATTIES

Ingredients:

4 cups carrots, grated
1 large onion, chopped
2 cups frozen peas, thawed
1½ cups bread crumbs
3 eggs
½ cup nonfat milk (or soymilk)
3 Tbsp vegetable oil
3 garlic cloves, minced
3 Tbsp jerk seasoning
½ tsp salt

Tip: use paper towel for removing excess oil from the patties.



Instructions:

- Use a large nonstick skillet to heat 1 Tbsp vegetable oil over medium heat.
- Add the onion and cook until soft. Stir frequently.
- Add garlic, jerk seasoning and salt. Mix well.
- Stir in carrots and cover. Cook for 5 minutes until tender.
- Add peas and simmer for a few minutes.
- Transfer the onion and carrot mixture to a large bowl. Mix in the breadcrumbs.
- In a separate bowl, whisk eggs and milk together. Pour over the carrot mixture.
- Form ¾ inch thick patties (about 12 patties). Cook the patties about 5 minutes on each side.
- Serve warm with our *Tzatziki Sauce*.

Serves 4

Definition

Jerk seasoning is a very hot spice mixture used in Jamaican cooking. It is often added to pork and chicken, but can also be used to add extra flavour to vegetables.