

March

BUBBLE AND SQUEAK

Get ready for March with these tasty cabbage and potato patties
Use up some veg to make veggie patties, AKA Bubble and Squeak



In March cabbage varieties are in abundance. Cabbage is a superhero for the immune system packed with vitamin C, plus it has plenty of fibre to keep your gut healthy.

RECIPE INGREDIENTS

Serves 4

- 4 medium potatoes (peel and quartered) (500g)
- Quarter of a large cabbage 200g, shredded)
- 2 tablespoons Vegetable margarine (20g)
- 2 tablespoons Vegetable Oil (Rapeseed or Olive) (12g)
- Pinch Black Pepper
- 1 handful grated cheese full or low fat (optional) 50g

COOKING INSTRUCTION AND NOTES


1. Boil the potatoes until soft, drain, add the vegetable spread and mash until smooth.
2. Bring a pan of water to the boil, add cabbage, and cook until tender, then drain.
3. Mix potato and cabbage, pepper and cheese.
4. Shape the mix into patties about the size of palm of hand.
5. Heat oil in a frying pan, add the patties, flatten with back of spatula and cook until brown on both sides.

For children under 1 year of age: For infants requiring pureed texture, blend the potato, cooked cabbage and cheese and serve in a bowl. For infants requiring mashed texture, the patties can be fork mashed.

Serving Suggestions: Serve with poached or scrambled egg or some lean meat or fish

Tips: This is a useful recipe for using up left-over mashed potato. If you have any left-over cooked carrots, peas, broccoli, or cauliflower these can be added into the mash and cabbage mix.

Food Labelling and Allergen Information

EU Label values per 100g				Serves 4	
	PER 100G	%RI	PER SERVING	%RI	
Energy(Kj)	408 kJ	5%	761 kJ	9%	CONTAINS:  MILK
Energy(kcal)	98 kcal	5%	182 kcal	9%	
Fat	4.7 g	7%	8.8 g	13%	
<i>of which saturates</i>	0.8 g	4%	1.5 g	8%	
Carbohydrate	12 g	5%	21 g	8%	
<i>of which sugars</i>	1.3 g	1%	2.4 g	3%	
Fibre	1.7 g	7%	3.1 g	12%	
Protein	1.5 g	3%	2.8 g	6%	
Salt	0.04 g	1%	0.08 g	1%	

Please note: The nutritional information does not include cheese, as it is optional.