

LOVE THY CARROT

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WILD AND SWEET POTATO PATTIES WITH LEMON CAPER DIPPING SAUCE

INGREDIENTS FOR THE SALMON AND SWEET POTATO PATTIES

- 2 tins of wild salmon, drained
- 1 large egg, beaten
- 1/2 cup mashed sweet potatoes
- 1/4 cup red onion, finely chopped
- 1/4 cup fresh parsley or dill
- 1 tbsp dijon mustard
- zest from 1 lemon
- 1/2 tsp salt
- 1/2 tsp turmeric
- 1/4 tsp ground black pepper
- oil for cooking the patties

DIRECTIONS

1. Start by peeling and cutting the sweet potatoes into bite-size pieces and lightly boil for about 20 minutes or until fork tender. Rinse and mash. Set aside to cool.
2. In a large bowl mix the rest of the ingredients including the mashed sweet potatoes.
3. Form into patties with your hands, 6 small patties or 4 large ones.
4. I like to chill the patties in the fridge for about 15 minutes, this helps them hold together when cooking.
5. In a large pan heat oil over medium-high heat then carefully place the patties in the pan and lower the heat to medium. Cook the patties for about 5 to 8 minutes per side or until lightly browned.
6. Serve with Lemon Caper Dipping Sauce.

INGREDIENTS FOR THE LEMON CAPER DIPPING SAUCE

- 1/2 cup Greek yogourt or vegan sour cream
- 1 1/2 tbsp capers, rinsed
- 1 tbsp lemon zest
- 1 tbsp fresh lemon juice
- salt and pepper to taste

DIRECTIONS

1. Mix all ingredients in a small bowl. Serve with the warm salmon patties.