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## •simple vegetable hash browns

### **Ingredients -**

- \*1 x 400g (14 oz) can butter beans,  
\*drained and rinsed
  - \*4 cups (480g/1 lb) grated carrot, beetroot, pumpkin or orange sweet potato (kumara)
  - \*1 cup (50g/134 oz) finely shredded kale leaves
  - \*1 cup (16g/2 oz) mint leaves, chopped (optional)
  - \*1 cup (24g/3/4 oz) flat-leaf parsley leaves, chopped
  - \*1/2 cup (90g/3 oz) hulled tahini (or sesame seeds or poppy seeds)
  - \*1/4 cup (50g/134 oz) chia seeds
  - \*sea salt and cracked black pepper
  - \*extra virgin olive oil, for drizzling
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- \*1 cup (280g/10 oz) plain Greek-style (thick) yoghurt
    - 1 x 400g (14 oz) can red kidney beans,
  - \*1 clove garlic, crushed
  - \*2 cucumbers, thinly sliced

### **Preparation method**

• Preheat oven grill (broiler) to high. Line a large baking tray with non-stick baking paper.

• Place the beans in a large bowl and mash with a fork into a rough paste. Add the carrot, kale, half the mint, half the parsley, the tahini, chia, salt and pepper and mix to combine.

• Shape 14-cup portions of the vegetable mixture into 8cm (3 in) patties and place on the tray. Drizzle with oil and bake for 15 minutes or until golden and crisp.

• Place the yoghurt and garlic in a small bowl and mix to combine. Serve the hash browns with the cucumber, the remaining mint and parsley and the garlic yoghurt.

• MAKES 14

### **Notes**

• Whilst the above recipe says to oven bake the hash browns - they are delicious if you fry them in oil !!

• I also recommend adding finely chopped or grated brown or red onion or spring onion for colour

• Recipe variations - I recommend experimenting with this recipe - add or subtract ingredients till you end up with your favour combination - meats olives sun-dried tomatoes or cheeses (feta, halloumi) can be included