

Leftovers for lunch, anyone?

veg drawer fritters

Serves 4

Meet the chef:

Ross Clarke (MA 2014) studied Magazine Journalism and is now a **food and travel writer for titles such as National Geographic Traveller and The Independent**. He specialises in food from Wales and Spain and publishes a weekly newsletter all about Welsh food and drink called The Welsh Kitchen.



"There comes a point when you look in the fridge and see a few random items in the veg drawer. If you've not got pasta or rice, then these fritters are just the job. They're great as part of a cooked breakfast, a quick dinner, or a mid-afternoon snack."

Ease:



Shopping list:

- ½ a large sweet potato or a potato
- 1 medium carrot
- 1 small onion
- ¼ teaspoon of ground cumin
- ½ teaspoon of chilli powder
- ½ teaspoon of English mustard powder (or a dollop of mustard)
- 3 tablespoons of flour
- 1 free-range egg
- Bacon and egg (optional)

What you'll need:

- Large bowl or large saucepan
- Cheese grater
- Spoon, fork or your hands
- Frying pan
- Spatula, fish slice or knife
- Kitchen roll



Method:

Step 1

Grate the sweet potato and carrot into a large bowl. Chop or grate the onion and add to the bowl. Stir the vegetables together. Pat down firmly with kitchen roll to absorb moisture.

Step 2

Add the cumin, chilli powder, mustard and flour to the bowl and mix until everything is evenly coated. Crack the egg in a cup and whisk with a fork. Add the egg to the other ingredients to form a sticky mixture.

Step 3

Heat a drizzle of oil or butter in a frying pan over a medium-low heat. Make palm-sized burgers with the mixture by squeezing and squashing them with your hands and place them in the hot pan.

Step 4

Cook for 5 minutes until the underside is brown, before flipping and cooking for a further 5 minutes. Pop them in a warm oven or under a low grill while you cook the rest.

Step 5

Stack on a plate and top with bacon or a fried egg or eat them as they are.

Optional:

You can use gluten-free flour and substitute the egg for a splash of ketchup or apple sauce to make it vegan.



Our alumni tester, **Tesni Street** (MA 2017) says...

"I had so much fun with this dish. It's a great one for experimenting and adding other vegetables like courgette or pepper. I bet it would be really nice with some tzatziki on the side, too!"

