

GF Friendly

Pumpkin Patties

Easy mashed pumpkin and beef mince fried patties

It's Halloween – Woo-Hoo! Here's one way to put the pulp from your Jack-o'-lantern pumpkin to good use. I made 4 patties, but you can divide them into 6 or 8 which would be easier for turning when frying. A variation could be the addition of cauliflower and shaved broccoli heads in the mash.

- 200g beef mince
- 1 cup diced pumpkin
- 1/2 onion, chopped finely
- 1 stick celery, chopped finely
- 1/2 grated carrot
- salt & pepper
- 1 Tbsp olive oil



Boil all of the vegies together until the pumpkin is soft enough; then mash and allow to cool.

Divide into 4, form by hand into balls and flatten on baking paper. Make them into whichever shapes you like – maybe get the kids to help with this. Rest in the fridge for 30 minutes.

Fry in a shallow pan, turning occasionally and being careful not to break them up. You want them golden brown, or darker if you prefer. Notice in the photo that I lined the frypan with baking paper, so there was less chance of them sticking and clean-up afterwards was a doddle.

Tip: the onion and celery in my patties were quite crunchy; so if your kids are fussy eaters, I suggest grating them instead of chopping.

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