

Pork and Apple Patties with Wedges and Coleslaw

Prep Time: 20 minutes

Cook Time: 30 minutes

Serves: 5

Ingredients

Wedges

3 medium potatoes, scrubbed and cut into wedges
2 medium kumara, scrubbed and cut into wedges
3 T rice flour
A drizzle of olive oil
½ t salt and a good grinding of black pepper

Pork Patties

500gm premium pork mince
1 granny smith apple, grated, skin included
1 egg
¼ c parsley or basil, finely chopped
2 spring onions, finely chopped
2 cloves garlic, finely chopped
2 T Tamari
½ t salt and a good grinding of black pepper
2 T olive oil

Coleslaw

1 c red cabbage, finely sliced
1 c white cabbage, finely sliced
1 medium carrot, grated
½ c cheese, grated
¼ c sunflower seeds, toasted
¼ c pumpkin seeds, toasted
Homemade mayonnaise (ensure gluten-free)



Method

1. Preheat oven to 200°C Fanbake.
2. Place potatoes and kumara in a large baking dish, sprinkle with rice flour and shake until evenly coated. Add a drizzle of oil, season with salt and pepper and stir again to evenly distribute. Bake in the oven for 25 minutes, until golden and crunchy, tossing half way through.
3. In a large bowl, combine the pork patty ingredients (except the oil) and mix evenly. Heat the oil in a fry pan over a medium heat. Form the mixture into patties and cook for 4-5 minutes each side until browned and cooked through.
4. While patties are cooking, combine all the salad ingredients in a bowl.
5. Serve patties with the wedges and salad on the side, topped with a mayonnaise of your choice.