

Paddy's Potato Cakes

A great way to encourage children to have one of their 7-a-day is allowing them to prepare fun snacks! These potato cakes are a great alternative to chips, pasta and rice if you want to try something new.

Ingredients:

- 425g mashed potatoes
- 125g plain flour
- 1 onion, diced
- 1 egg
- 1/2 teaspoon freshly ground black pepper



Method:

1. Mix all the ingredients together until well combined.
2. Season lightly with a little black pepper.
3. Divide into eight shapes and then mould into little patties.
4. Arrange them on a plate at this stage and transfer them to the fridge for at least 1 hour.
5. Take them out of the fridge, heat a large pan with a little butter.
6. Fry the potato cakes on both sides until they are golden brown.

