

Potato and Pea Latke with Tomato, Mushroom and Corn Salsa

Serve these with salad

Ingredients

Latkes

3 medium potatoes washed, skin left on and grated (you want at least 4 cups grated potatoes)
200g cooked peas
1 block silken tofu (300gm)
3 tbsp lemon juice
3 spring onions chopped small (green and white bits)
4 tbsp herbs - I used parsley and chives
1 tsp salt
Pepper to your liking
3 tbsp olive oil (optional)

Salsa

300g mushrooms cut very small
3 medium tomatoes cut small
2 cobs corn – kernels removed
Juice 1 lime
2 splashes olive or sunflower oil to cook the mushrooms
1 chilli (optional)
Salt to taste

Method

1. Marinate the corn in the lime juice, set aside.
2. Mash the peas a little, blend the silken tofu in a food processor then add all of the ingredients for the latkes except the olive oil then shape into patties and place on a baking paper lined baking dish.
3. Optional step, here you can brush on some of the olive oil onto each latke patty.
4. Bake in a 200°C oven for 30 minutes then turn over the latkes and bake again for another 30 minutes.
4. For the salsa, fry the mushrooms in the oil then add to the corn. Add the tomatoes and salt to taste and chilli if using.

Voila there are your niacin rich potato latkes with salsa.



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