



BEETROOT PATTIES & FETA CHEESE YOGHURT

Vegetarian Main: This recipe contains portion of vegetables and a portion of a non-dairy source of protein. It counts towards the standards to provide a portion of non-dairy source of protein at least three times each week.

Recipe adapted from: Lyndon McLeod, Head Chef, Gisle School Restaurant, Sweden

Ingredients

Beetroot Patties:

10g unsaturated fat spread
60g onion, peeled and finely chopped
500g beetroot, boiled and grated
250g potatoes, peeled and grated
900g for primary or 1.1kg for secondary chick peas, canned & drained, one-third chopped (drained weight, 540g primary and 660g secondary)
100g Panko (bread crumbs)
2g (1 tsp) black pepper
10g parsley, chopped

Feta Cheese Yoghurt:

30g feta cheese
5g fresh rosemary, chopped
500ml plain low fat yoghurt
2g (1 tsp) black pepper
10ml water

Method

1. Pre-heat the oven to 180oC/350oF/gas mark 4.
2. Melt the fat spread in a pan. Add the onion and cook until soft.
3. Add the beetroot, potatoes and chickpeas to the onions. Mix in the breadcrumbs, black pepper and parsley.
4. Shape into balls of approximately 60g each, and flatten slightly.
5. Place the patties onto a greased baking tray, and please into the oven until the potato has cooked through and the patties have browned in colour.
6. Prepare the feta cheese yoghurt by crumbling the feta cheese into a bowl with the rosemary. Add the yoghurt and black pepper and mix. Whisk in a little water if it gets too thick.

Serving suggestion: serve the beetroot patties and feta cheese yoghurt in a wholemeal bap.



Number of portions this recipe makes:

10 primary servings (200g)
6 secondary servings (350g)



Prep: 20 minutes

Cook: 25 minutes



Allergy information:

Milk, sulphites, wheat (gluten)



Top Tips

Make the patties in advance and refrigerate until needed to help ensure the patties don't fall apart.

Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: choose oils based on unsaturated fats.