

# Zero waste bubble and squeak

Side | plant-based  
Serves  
10

Nutrition: carbohydrates, vitamins (vary depending on which vegetables are used), fibre

## Ingredients

- 800g to 1kg leftover boiled or roast potatoes
- 400g to 500g left-over vegetables. Good options are cabbage, broccoli, carrots, swede and sweet potato
- Mixed herbs or fresh thyme to taste
- Olive oil
- Black pepper to taste

## Method

Put all leftover potatoes and vegetables in a large mixing bowl and mash with a fork or potato masher until the texture is lumpy and rough.

Add pepper and mixed herbs.

With clean hands, mould into 10 patty shapes and brush oil over the patties.

Cook in the oven at 180°C for 15 minutes.

## Known allergens\*

None

## Substitutions

None

\*We have listed all known allergens, however, always check the nutrition label as some brands content may vary.

