LET'S EAT!

CHEESY HERB CAKES

45 minutes

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Allergens: dairy, gluten, egg

What is it?

Like a fish cake without the fish! This recipe comes from a chef in our Celebrate Family Food family who loves creating new dishes with fresh flavours. Give it a try and see if it becomes a family favourite for you!

MAKE IT FUN!

We have suggested peas as a side for this meal but you could always change it for your favourie vegetable or serve with a soft poached egg!

What you'll need:

	For 2 people	3 people	4 people
Breadcrumbs	2 tbsp	3 tbsp	4 tbsp
Carrots	1	2	2
Courgette	1/2	1	1
Halloumi	200g	300g	400g
Spring onion	1	1	2
Coriander	1 sprigs	3	3
Mint	2 sprigs	3	3
Egg (beaten)	1	1	2
Peas	100g	150g	200g

SEND US YOUR PHOTOS!

SCAN HERE

We love seeing families cook these recipes and making them their own! Photos also really inspire supporters of Let's Eat to keep the project going and helping more families. Please share photos of your family enjoying cooking together via our community Dropbox, then look out for your photos on our social media accounts!

THE NEIGHBOUR NETWORK CIC
Company no: 16566579

WHAT TO DO:



Step 1:

Grate the carrot and courgette. Then place them in a sieve and sprinkle with salt to drain the moisture. Squeeze out excess moisture, you need them to be as dry as possible. Grate the halloumi or break into small crumbs. Put in a bowl with the grated carrot and courgette.

Step 2:

Chop the spring onions and add to the bowl. Chop the coriander and mint and add to the mix. Stir everything together, then add the eggs and mix again. Add the breadcrumbs and mix for a final time the mix should be stiff enough to form a patty.





Step 3:

Form the mix into patties (2 per person) and place on a plate and chill in the fridge to firm up for 20 minutes. Heat a frying pan with a little oil, then add the herb cakes, cooking over a low heat so that they don't burn. Fry them on both sides for a few minutes until golden brown and hot in the middle.

Step 4:

Meanwhile, boil the peas in a saucepan of hot water or microwave until cooked (5-10 minutes). Remove the herb cakes from the pan and serve on a plate with a big spoonful of peas.



DID YOU LIKE THIS MEAL? GIVE IT A RATING OUT OF 5 STARS TO HELP YOU REMEMBER YOUR FAVOURITES:

NOT FOR ME ★1 ★2 ★3 ★4 ★5 LET'S MAKE IT AGAIN!