

Pumpkin Patties with Cilantro

- Serves 4 people -

INGREDIENTS:

500g Pumpkin	1/2 tsp Salt
2 Eggs	1/4 tsp Pepper
1 Onion	250g Multigrain bread crumbs
1/2 bundle Cilantro	2 tbsp Sesame seeds
2 tbsp Flour	2-3 tbsp Olive oil
1/2 tbsp Ground cumin	

METHOD:

STEP 1 Grate the pumpkin and finely chop the onion and cilantro.

STEP 2 Mix these together and add eggs, flour, bread crumbs, ground cumin, salt and pepper.

STEP 3 Form patties and cover them in a mix of bread crumbs and sesame seeds.

STEP 4 Warm up olive oil in a pan and fry the patties until golden.

