



# Veggie Patties

**SERVES:** 14 patties

## INGREDIENTS:

- 1 cup shredded carrots
- 1 cup shredded zucchini
- 1 cup shredded potatoes
- ½ cup thinly sliced onion
- 2 tbsp chopped parsley
- 2 eggs
- 1 cup bread crumbs
- 1 tsp salt
- ¼ tsp black pepper

## METHOD:

1. Combine all the ingredients together in a bowl
2. Form vegetable mixture into small flat patties
3. Heat 1 tbsp oil in a skillet. Cook patties on both sides over medium heat for about 8 minutes

