

# nitrate-free corned beef fritters with smashed peas

prep time 20min

cooking time 15min

serves 6



## ingredients

500g cooked nitrate-free, gluten-free corned beef, diced  
2 loosely packed cups grated carrot  
1 loosely packed cup grated zucchini  
1/2 cup grated broccoli stalk  
1 cup loosely packed grated potato or sweet potato  
2 cups almond meal  
5 lge eggs, lightly whisked

## peas smash

450g frozen peas  
3 tbs fresh mint  
2 tbs butter or olive oil  
1/2 cup natural yoghurt, sour cream or coconut milk yoghurt unsweetened  
pinch salt

## method

1. add all ingredients except eggs to a large bowl and mix well with a fork so that the almond meal is spread evenly throughout the mix. add eggs and mix well to combine.
2. heat a large frying pan over a medium heat with a small amount of butter/coconut oil or olive oil.
3. shape the mixture into patties and place in the frying pan. cook for a few minutes until golden before flipping and pressing down slightly to flatten. cook until golden on the other side.
4. (while fritters are frying) steam peas for 10 mins until cooked. transfer to a food processor and blend with butter, salt, yoghurt and mint.

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