

AFTERNOON TEA RECIPES

Potato and vegetable balls

Ingredients:

- 3 medium potatoes, peeled, chopped
- 2 teaspoons olive oil
- ½ leek, trimmed, halved, washed, sliced
- 1 medium carrot, peeled, grated
- 1 medium zucchini, grated
- 2 teaspoons tahini
- ½ teaspoon ground cumin
- 1 teaspoon finely grated lemon rind
- ⅓ cup gluten-free plain flour
- ¾ cup rice crumbs
- gluten-free hummus, to serve



Method:

1. Place potato in a large saucepan. Cover with cold water. Bring to the boil over high heat. Cook for 15 minutes or until tender. Drain. Place in a large heatproof bowl. Mash. Set aside to cool.
2. Preheat oven to 220°C. Line a large baking tray with baking paper.
3. Heat oil in a small frying pan over medium heat. Add leek and carrot. Cook, stirring occasionally, for 4 minutes or until softened. Add zucchini. Cook for a further 3 minutes or until vegetables are tender. Add tahini, cumin and lemon rind. Cook, stirring, for 1 minute or until fragrant.
4. Add vegetables and flour to potato. Season with salt and pepper. Stir to combine. Set aside to cool completely. Roll tablespoons of mixture into balls. Toss in rice crumbs to coat. Place on prepared tray.
5. Bake for 30 minutes or until browned and crisp. Cool completely. Store in an airtight container in the fridge.

<http://www.taste.com.au/recipes/28856/potato+and+vegetable+balls>

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