

These patties are a good source of iron and vitamin C.

Nut free
Vegetarian



Ingredients	6 serves	25 serves	60 serves
Sweet potato (orange)	1 medium (400g)	3 medium (1.2kg)	10 medium (4kg)
Chickpeas (canned)	1 x 400g can	4 x 400g cans	10 x 400g cans
Lemon juice	2 teaspoons	2 tablespoons	100mL
Red onion (finely chopped)	¼ small	1 small	4 small
Breadcrumbs	½ cup	2 cups	5 cups
Eggs	1	5	12
Olive or canola oil spray	as required	as required	as required
Turkish bread	½ large loaf (250g)	2 large loaves (1kg)	5 large loaves (2.5kg)
Lettuce (sliced)	3 leaves	½ medium head	1 medium head
Tomato (sliced)	1 medium	4 medium	10 medium
Avocado (sliced)	1 small	1 medium	4 medium

Method

- 1 Preheat oven to 180°C.
- 2 Peel and chop sweet potato into small pieces and steam for 20 minutes or until tender. Drain.
- 3 Drain and rinse chickpeas.
- 4 Mash sweet potato and chickpeas with lemon juice until smooth. Place in fridge to cool for 30 minutes.
- 5 Combine sweet potato and chickpeas with onion, breadcrumbs and egg.
- 6 Take small handfuls of mixture and roll into balls. Flatten gently to form patties.
- 7 Line a baking tray with non-stick baking paper. Place patties on the lined tray.
- 8 Spray patties lightly with olive oil spray.
- 9 Bake in oven, turning once, for 30 minutes, or until golden.
- 10 Serve with Turkish bread, lettuce, tomato and avocado.

Tips

When choosing this recipe, ensure children receive enough meat or alternatives by offering an additional ½ a serve of meat/alternatives per child at another time during the day.

Options include:

- **roast beef sandwiches with 15g roast beef per child**
- **egg sandwiches with half an egg per child**
- **veggie sticks with 30g hummus dip per child**
- **2 falafel balls**

Each serve provides

- ½ children's serve of meat/alternatives¹ (chickpeas and egg)
- 1–1 ½ children's serves of vegetables²
- 1 children's serve of grains³ (bread)
- A good source of vitamin C
- A source of iron

Allergy modifications:

- For an egg free option replace each egg with 1 teaspoon of egg replacer and 2 tablespoons of water.
- For a gluten/wheat free option replace breadcrumbs with a similar quantity of rice crumbs or cooked rice and serve with gluten free bread/wraps.
- For a soy free option use soy free bread crumbs and bread.
- For a milk protein free and lactose free option, ensure that the breadcrumbs and Turkish bread used do not contain milk products.

Recipe adapted from *Get Up and Grow: Cooking for Children* with permission of the Australian Government.

The nutritional information provided is based on the exact ingredients and method as shown. Any variation/s to the ingredients or method may alter the nutritional outcome.

¹ One children's serve of lean meat, poultry, fish or alternatives is equal to half a serve in the *Australian Dietary Guidelines*.

² One children's serve of vegetables is equal to one serve in the *Australian Dietary Guidelines*.

³ One children's serve of (grain) cereal foods is equal to one serve in the *Australian Dietary Guidelines*.

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