

Potato Cakes

IDDSI Level 6

Lunch / Dinner

Recipe source:
MND Association

Time to make: 10 minutes

Servings: 2-4

Ingredients:

A small saucepan full of
mashed potato

1 egg, beaten

A little flour to stiffen if
needed

Pinch of mixed or finely-
chopped herbs (optional)

Salt and pepper



Instructions:

- Mix all ingredients together.
- Shape into flat cakes about ½ inch or just over 1 cm thick.
- Grill or griddle until lightly browned either side (the potato cakes should be cooked through, but avoid creating a crisp coating as this will not be compliant with a Level 6 diet).
- Cut the potato cakes into bite-sized pieces (no bigger than 1.5cm).
- Serve hot with a topping of your choice, such as sour cream, eggs, finely-grated cheese, cottage cheese, guacamole, tzatziki, smoked mackerel paté, or just with butter.

Dietitian's Top Tips:

- This recipe would be great as a side dish!
- If your goal is to gain weight, add additional grated cheese, cream or butter to the mashed potato.