

COMBINING RIGHT RECIPES

Quick Lunches - STARCHES

Brown Rice Potato Cakes – serves 2

50 g brown rice, cooked

450 g large potatoes

4 tbsp extra virgin olive oil

1 large onion, chopped

freshly chopped chives or parsley

1 tbsp brown rice flour

freshly ground pepper and sea salt to taste

Peel and boil potatoes, then mash and add to the cooked rice. Heat 1 tbsp of the oil in a large frying pan and saute onion until soft. Add onion to the rice and potato mix and add herbs. Mix thoroughly. Spread rice flour on to a board, form the mixture into small sized cake shapes and pat both sides of each cake in the rice flour. Heat the remaining oil in the pan and cook each cake for 10 minutes each side or until golden brown. Serve with Salad or vegetables.