

Waste Not
Want Not

FOOL-PROOF KOFTAS



INGREDIENTS

2 avocados
1 sweet potato,
Handful of corn
1 onion, diced
10g butter
1 carrot, diced
1 capsicum, diced
2 egg yolks
2 tbsp mayonaise
3 tbsp oil

INSTRUCTIONS

Kofta: place butter in pan and saute onions and corn until brown. Boil sweet potato until soft. Once done, place in a mixing bowl and mix in avocado and sweet potato. Mash all ingredients thoroughly into a paste. With clean hands and a bit of water, mould them into rounded balls and leave aside in the fridge for 1 hour.

Motoyaki Gratin (sauce): saute all diced ingredients until browned and caramelised. Set aside. Whisk yolks until fluffy and drizzle oil into the yolk. Fold in mayo-naise and add in sauteed vegetables.

To serve: dredge the kofta balls in flour and deep fry in oil. Remove once golden brown and drain on paper towels. Serve with motoyaki sauce and bake in the oven for 5 mins.

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STORAGE TIP!

Store open avocado with onion. Both will last longer.