



Serves: 4

Javanese Mashed Yam and Sweet Potatoes

Ingredients

- Yam, peeled and sliced 100g
- Sweet potato, peeled and sliced 100g
- Celery, chopped 2 tbsp
- Onion, chopped 5 tsp
- Spring onion, chopped 1 tbsp
- Shallot, chopped 1 tbsp
- Red chilli, deseeded and chopped 2 tsp
- Fresh eggs, egg white 2
- Egg yolk 1
- Canola oil
- Salt, to taste

Tips:

- Soak up surface oil of fried foods with absorbent kitchen paper before serving.
- Use unsaturated oils (e.g. sunflower oil, canola oil, olive oil) instead of saturated oils (e.g. ghee, butter, blended vegetable oil) to reduce your risk of heart disease.
- Use fresh herbs and spices instead of salt to add interesting and varied flavours to dishes.

Method

- Steam yam & sweet potatoes till soft.
- Mash yam and sweet potatoes in a bowl, using a fork or potato masher.
- Add in all the other ingredients (except the egg) and mix to combine well.
- Ensure that ingredients are properly mixed. Add salt to taste.
- Shape the mixture into several patties.
- In a bowl, lightly beat egg whites and egg yolk together.
- Coat each patty in egg mixture and pan-fry in oil.

Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 138kcal

Protein 2.7g

Total fat (g and % of total calories)

0g (53.0%)

Saturated fat 0.9g

Cholesterol 53mg

Carbohydrate 13.7g

Dietary Fibre 2.1g

Sodium 109mg