




Vegetable Patties

A delicious blend of eight vegetables, a vegetarian alternative to a classic Aussie burger

INGREDIENTS

Potato, Corn, Capsicum, Broccoli, Cauliflower, Carrot, Peas, Onion, Olive Oil, Flour, Egg, Corn Flour

SIMPLOT SHORTCUTS substitute using...

 Vegetable Patty (41957)

BASED ON MAKING 10 PORTIONS

from Scratch

from Simplot

PREP TIME	25 MINS	0.5 MINS
PASSIVE COOK TIME <i>(I.E. time in oven)</i>	10 MINS	25 MINS
ACTIVE COOK TIME <i>(I.E. actively engaged in cooking)</i>	12 MINS	2 MINS
TOTAL HANDS ON LABOUR TIME	37 MINS	2.5 MINS
PER PORTION LABOUR COST <i>(I.E. based on \$22/hour making 10 portions)</i>	\$1.36	\$0.09
PER PORTION FOOD COST	\$0.59	\$0.78
	<i>total cost per portion</i> \$1.95*	<i>total cost per portion</i> \$0.88*

hints, tips and nutrition Facts...

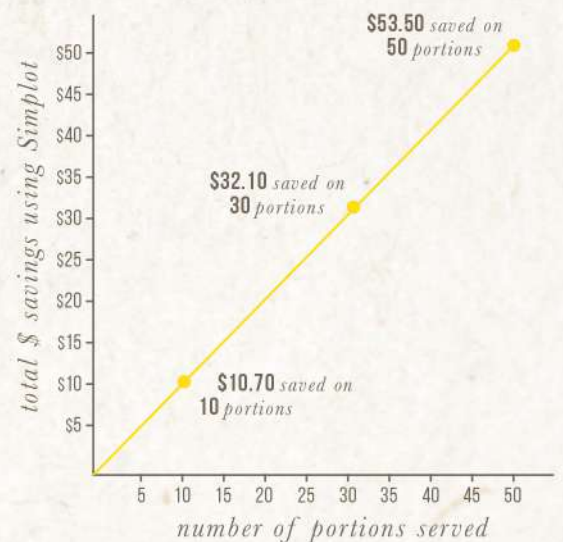
USING SIMPLOT RECIPE

ENERGY 783kj
PROTEIN 5g

FIBRE 3g
SODIUM 481mg

Per 100g serve

- ✓ GREAT FINGER FOOD FOR RESIDENTS WITH DEMENTIA
- 💡 GOOD WAY TO GET EXTRA VEGETABLES INTO THE MEAL
- 💡 MORE VARIETY FOR VEGETARIANS
- 💡 OVEN BAKE OR PAN-FRY FOR AN EXTRA CRISPY COATING*



*The prices used for Simplot products and ingredients in this brochure are a guide only (as at April 2017). Please contact your Distributor to confirm any pricing. The comparison scratch recipe product prices were obtained via purchases made at major Australian supermarkets during March 2017. The hourly labour rate used for calculations was \$22 per hour.