

# Vegetable pikelets

Makes 25-30

## Ingredients

- 1 cup self-raising flour
- ½ cup wholemeal self-raising flour
- 2 teaspoons mixed herbs
- 1 large carrot
- 1 medium potato
- 1 small onion
- ½-1 cup peas or corn
- 1 egg (or egg alternative)
- 1½ cups reduced fat milk
- 1 tablespoon margarine



## Method

1. Grate carrot and potato. Chop onion.
2. Lightly beat egg or egg alternative. Melt margarine.
3. Sift flours into bowl, add herbs and pepper as desired.
4. Add vegetables and mix until well combined.
5. Make a well, add beaten egg, milk, melted margarine and mix to a smooth batter.
6. Heat extra margarine in a fry pan. Drop tablespoons of batter into pan and cook until brown on both sides.

NUTRITION INFORMATION		
Servings per recipe: 30		
Average serving size: 41g		
	Per serve	Per 100g
Kilojoules (kJ)	197	576
Protein (g)	2.0	4.9
Total fat (g)	0.9	2.1
- Saturated fat (g)	0.2	0.6
Carbohydrates (g)	7.5	18.1
- Sugars (g)	1.3	3.3
Fibre (g)	1.1	2.7
Sodium (mg)	65	157

This recipe meets the **GREEN** criteria in the National Healthy School Canteen Guidelines