

# Royal Bubble and Squeak

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## Ingredients

2-3 cups leftover potato mashed

Leftover veggies cooked (quantity isn't important we are just using the leftovers)

Salt and pepper to taste

¼ to ½ cup cashew cheese or ¼ cup vegan butter - see website for recipe

<https://www.veets.com.au/blog/fermented-cashew-cheese>

1 tbsp chia seeds soaked in ¼ cup water

Chilli if you like

2 cups rice crumbs (or bread crumbs if you aren't gluten free)

Oil for frying (either unrefined organic sunflower oil or a nut oil or avocado oil)

## Method

1. Mix all of the ingredients together except the rice crumbs in a bowl and then shape into patties.
2. Put the rice crumbs in a bowl and place the patties one at a time in the rice crumbs and cover. Put them on baking paper.
3. Place oil to coat the frying pan and heat up for a couple of minutes then put 3 to 4 patties in the pan (depending on how big the pan is). Cook for 4 minutes or until brown on one side then flip and cook for a further 4 minutes then take out of the pan.

