



Nurturing you through to health and happiness

SARI YOUNG

BNSc (hons); AdDip Naturopathy;
AdDip Western Herbal Medicine; AdDip Nutritional Science.

www.sarisnaturalmedicine.com.au

NATUROPATH AND REGISTERED NURSE

SARI'S SARDINE PATTIES

Ingredients

- 1tbsp butter
- 1 onion, chopped
- 2 sweet potatoes, boiled and mashed
- 2 cans (110g each) of sardines, drained and mashed with fork
- 2 spring onions, chopped (optional)
- 2 cloves crushed garlic
- 3/4 cup brown rice flour

Method

- Heat butter in frying pan and cook onion until soft. Cool slightly.
- Combine onion, mashed sweet potato, mashed sardines, garlic, spring onions and flour.
- When mixture is cold, divide into patties.
- Cover patties and place in fridge for 30 minutes.
- Heat butter in frying pan and cook patties until golden.

Serve with yoghurt if desired.