



Beta
Potato &
Brown Rice
Fritters



Rodeo Spuds

For a
Taste
of something
Beta



Rodeo Red

Red skin and creamy flesh
make the perfect fluffy spud:



Bake



Boil



Salad

Fritters ingredients:

- 2 tbsp olive oil
- 2 medium Rodeo reds, skin on, grated
- 1 cup brown rice, cooked
- 4 spring onions, sliced
- 1 garlic clove, chopped
- 1 tbsp mint, chopped
- 125g Halloumi cheese, grated
- 3 eggs, beaten
- 1/2 tsp paprika
- Salt and pepper

Method:

Heat half the oil in a large pan over medium heat and stir-fry the potatoes, rice, onions and garlic until golden. Tip the potato mixture into a bowl, stir in remaining ingredients (apart from oil) and season. Heat remaining oil in fry pan over medium heat and drop in 2 tbsp of mixture to form each fritter. Cook fritters for 3 min each side or until browned. Place on paper towel to cool slightly, then serve.

buy
west
eat
best

WA grown and produced, Beta Spuds are surprisingly healthy with virtually no fat, far less carbs than you think and more nutrients, vitamins and minerals than many superfoods. You can enjoy this recipe and many more without the guilt!

Learn more at
betaspuds.com.au