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*by ewfood*

## Pecan Patties

## Ingredients

2 large sweet potatoes  
1oz. pecan nuts, finely chopped  
2oz. fresh basil, chopped  
2oz. plain bread crumbs or 1oz. oat bran  
2tsp. Italian seasoning  
1oz. olive oil

## Preparation

- 1 Preheat the oven to 180°C
- 2 Bake the sweet potato for an hour until soft
- 3 Remove the meat into a bowl
- 4 Add the pecan nuts
- 5 breadcrumbs
- 6 Italian seasoning and basil and mix until all the ingredients are well combined
- 7 Shape the mixture into patties
- 8 Heat some oil in a shallow pan over a medium heat
- 9 Lightly flour the patties and fry them until they are a nice golden brown colour
- 10 Serve with a plain green salad.

## Cooks Note

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