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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