Crispy Mashed Potato Cakes

The most delicious second act for holiday mashed potatoes, served with homemade hummus.



SERVES	TIME	PROTEIN
4	25 min	~9 g

YOU WILL NEED

- 2 cups cold leftover mashed potatoes
- 1 egg, lightly beaten
- 1/4 cup breadcrumbs, plus more if needed
- 1/4 cup grated Parmesan cheese
- 2 scallions, thinly sliced
- 1-2 Tbsp olive oil for the skillet
- 1/2 cup Green Deelightz hummus, to serve

HOW TO MAKE IT

01 Mix cold potatoes, egg, breadcrumbs, Parmesan and scallions. Add extra crumbs if too soft.

02 Shape into 8 small patties. If they feel fragile, chill for 10 minutes.

03 Heat oil in a skillet over medium heat. Cook 3-4 minutes per side until golden and heated through.

04 Serve 2 cakes per person with 2 Tbsp hummus. Add lemon or fresh herbs if you like.

THE ~9 g PROTEIN BUILD

Estimated for two cakes + dip

Mashed potatoes + breadcrumbs	~3 g
Egg, per serving	~2 g
Parmesan, per serving	~2 g
Hummus, 2 Tbsp	~2 g
TOTAL ESTIMATE	**~9 g**

Mashed potatoes with more milk or butter may need extra breadcrumbs. Heat leftover cakes thoroughly before serving.