

Spicy Vegetable Cutlets



How to:

1. Ask your child to wash their hands before cooking
2. Encourage your child to help you gather together the utensils and ingredients you will need to make the Spicy Vegetable Cutlets (see below)
3. Invite your child to wash the potatoes then help you peel them and cut into bite sized pieces
4. Place the potatoes into a pan of water and put them on the hob to boil until they are soft
5. Whilst the potatoes are cooking, invite your child to help grate the carrot. Cut the top and bottom off the pepper and remove the seeds from the middle. Cut the pepper into strips and then invite your child to snip them into smaller pieces with scissors. Do the same with the onion
6. Make the breadcrumbs by either whizzing small cubes of bread in a food processor or by grating dry chunks of bread on a cheese grater
7. When the potatoes are ready, drain them and allow them to cool a little
8. Place the potatoes in a bowl and invite your child to mash them with a fork or potato masher
9. Add the chopped vegetables, breadcrumbs and garam masala to the bowl
10. Invite your child to mix all of the ingredients together with their hands
11. Take a tablespoon of mixture out of the bowl and encourage your child to roll it into a ball with their hands. Place the balls on a plate or chopping board and flatten them a little (if your cutlets are a little sticky just dip them in some flour). The mixture should make 6 cutlets
12. Place a little oil in a frying pan and cook the cutlets until they are browned, turning once with the spatula as they cook. Remove from the pan with a spatula

Adaptations:

- You could use new potatoes for this recipe and leave the skins on
- You could add other spices you like to the mixture instead of garam masala such as smoked paprika or garlic

Utensils:

- Sharp knife (adult) and safe scissors
- Chopping board
- Vegetable peeler
- Large pan
- Bowl
- Potato masher or fork
- Teaspoon
- Tablespoon
- Frying pan
- Spatula

Ingredients:

- 3 medium sized potatoes (peeled)
- 1 carrot (peeled)
- 1 small red onion (peeled)
- 1 small green pepper
- 1 teaspoon garam masala
- 1 tablespoon bread crumbs salt and pepper to season



Top Tip

Rest your cutlets on kitchen roll after cooking so it will absorb some of the cooking oil, making your cutlets a healthy option