



KALO & 'ULU PATTY BURGERS

INGREDIENTS

PATTIES:

- 3 cups cooked, grated kalo/taro
- 1 cup steamed, ground 'ulu/breadfruit
- 1 cup chopped/grated veggies (i.e. carrots, beets, zucchini, or pumpkin)
- 1 egg (*V: 1 Tbs. ground chia or flax seed soaked with 3 Tbs. water)
- 2 tsp spice powder (i.e. turmeric, black pepper, garlic, paprika, cumin, coriander, onion)
- 1+ tsp. salt

OPTIONAL ADD-INS:

- Chopped green onion or chives
- Ground nuts/seeds (i.e. macadamia, sunflower, pumpkin, etc.)
- Fresh chopped herbs (i.e. rosemary, sage, thyme, oregano)

DIRECTIONS

1. Add all ingredients into a large bowl
2. Combine thoroughly using your hands or food processor, making sure it sticks together well
3. Form the mixture into uniformly shaped balls, then press into a patty shape
4. Pre-heating
 - a. Stovetop: Heat cast iron pan or grill and add cooking oil of choice.
 - b. Oven: Heat to 350 F and place patties on a well-oiled baking sheet
5. Cook
 - a. Fry on each side for 3-5 mins. or until golden brown
 - b. Bake for 10 mins on each side, flipping once

TIPS

- Make a large batch ahead of time, then freeze for easy meal prep (frozen patties can be re-heated directly on a skillet or in the oven)
- Patties can also be shaped into "nuggets" and served with dip, topped with an egg, or served on a salad