



Spring pea and prawn patties

Recipe by Kate Caire of Carnation Kitchen

 Serves 4-6

 15 minutes

INGREDIENTS

- 400g peeled and deveined (use fresh or thawed frozen)
- 1 cup freshly shelled peas
- 2 cloves garlic minced
- ¼ cup finely sliced shallot/green onion
- 1 egg
- 2–3tbs flour (plain, oat, or cornflour work well)
- ½tsp salt
- ¼tsp black or white pepper
- ½tsp lemon zest
- 1tbs fresh herbs (like parsley, mint, tarragon) for extra flavour
- 1tbs avocado oil for frying
- Panko breadcrumbs (optional if you want an extra-crispy)

DIRECTIONS

1. Place about half of the raw prawns and half of the peas into a food processor with the garlic. Pulse until it forms a rough, sticky paste.
2. Transfer the prawn paste into a large bowl. Add the remaining whole or roughly chopped prawns, the rest of the peas, green onions, egg, flour, salt, pepper, herbs, and lemon zest. Mix well until combined.
3. Lightly wet or oil your hands to prevent sticking. Scoop portions of the mixture and roll them into balls, then gently flatten them into round patties. (Tip: You can dredge them lightly in flour or press them into panko breadcrumbs for crunch). Then either pan fry or bake:
 - **To panfry:** Heat 1 tablespoon of oil in a large non-stick frying pan over medium heat. Cook the patties for 2 to 3 minutes on each side until golden brown and cooked through.
 - **To bake/air fry:** Place on a lined tray, spray with a little oil, and bake at 180°C (350°F) for 20 minutes.

Serve warm with a side of, minted yogurt, or a squeeze of fresh lemon juice and a simple salad



Sundays

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