

Stuffed Potato Cakes



A great alternative for sandwiches as a packed lunch. Call it the portable Shepherd's pie...!

Baked cakes from mashed potatoes with a spicy filling of mushrooms, onions and tofu.

Filling, full of protein, easy to store, to freeze and to prepare in advance. Great to take away for a picnic or for office and school.

Ingredients

Potato dough

1 kg potatoes
2 tablespoons vegan butter
1 tablespoon tapioca starch
2 tablespoons chickpea flour
nutmeg
black pepper
herb salt

Filling

2 small onions
150 g tofu
200 g mushrooms
2 garlic cloves
herb salt
pepper
cayenne
soy sauce
2 tablespoons nutritional yeast

vegan sour cream

90 ml coconut cream
½ lemon (juice)
1 tablespoon white vinegar
herb salt
1 garlic clove

oil for frying
parsley to garnish

Instructions

- Peel the potatoes and cut them in small dices. Cook them in water until soft. Add vegan butter, nutmeg, salt and pepper and mash the potatoes. Put aside to let cool down. (Prepare the filling in the meantime.) Once cold, add tapioca starch and chickpea flour and knead to an elastic dough. If too crumbly, add a bit of vegan butter, if too soft, add a bit of chickpea flour. The amount varies depending on the sort of potatoes you use.
- Dice the onions and fry it in a pan with a bit of oil until translucent.
- Drain and scramble the tofu and add to the onions. Fry until crisp and slightly brown on medium heat.
- Add diced garlic, diced mushrooms and salt, pepper, cayenne, soy sauce. Fry until mushrooms are done and there is no liquid in the pan. Add the nutritional yeast and mix well.
- Form little nests out of the potato dough. Add the filling into the nests and cover with more potato dough. Once they are sealed, you can press them flat.
- Fry in a pan with oil on both sides approx. 4 mins until they start to become crispy.
- You can use them already now. But for a crispier result, bake them in the oven for 15 mins at 200 C.
- Serve with a vegan sour cream [= recipe next page](#) – and garnish with parsley.



Vegan Sour Cream

Great substitution for dairy sour cream.

Use it as a dip, as a sauce for potato bakes, as a topping for jacked potatoes – basically everywhere, where you would use dairy sour cream as well.

Can be stored in the fridge for up to 3 day.

Ingredients

90 ml coconut cream
½ lemon (juice)
1 tablespoon white vinegar
herb salt
1 garlic clove

Instructions

- use a blender to mix the coconut cream, lemon juice, vinegar, salt and garlic to a smooth dip
- Depending on what you need it for, you might want to add more garlic (great for potato bakes for example) or less or no garlic (for chips aka french fries for example).
- The recipe will give you one little bowl as a dip. Increase the amount of the ingredients if you need more.