



NAMIBIA BUILDING WORKERS
PENSION FUND

Healthy Meals

Ingredients



- 1 can of pilchards in tomato sauce(410g)
- 2 medium sweet potatoes (peeled & chopped)
- 1/2 onion (chopped)
- 2 eggs
- 50 ml cake flour
- salt & flour to taste
- 1 teaspoon baking powder
- 2 tablespoons of oil for frying
- 8 brown or whole-wheat bread rolls
- 1 head of lettuce
- 1 cucumber
- 4 large tomatoes
- mayonnaise
- Chilly sauce (optionl)

Preparation time: including preparing, refrigeration, frying and serving

4 PORTIONS
2 BURGERS PERSON



60 MINUTES

N\$145 APPROX.



Pilchard Patty Burgers

Instructions

- Wash and peel sweet potatoes & boil in water until soft.
- Drain & mash the sweet potatoes & add to bowl (you can take out the bones)
- Mash pilchard fish and add to bowl
- Add the finely chopped onions
- Add the flour and baking powder
- Season with salt and pepper
- Beat the eggs and add to the bowl and mix well (the mixture must be firm & hold well together)
- Shape the mixture into 8 balls and flatten them
- Put the patties then into the refrigerator for 20 minutes to become firmer
- Heat the oil in a frying pan
- Take the pilchard patties out of the fridge and dust them with a bit of flour
- Once the oil is heated fry the patties for 10 minutes on both sides.
- Slice the bread rolls in half and add spread some mayonnaise
- Add some lettuce, tomato & cucumber slices on one side of the bread roll and then add the patty.
- Add some Chilli sauce if you like - your healthy burger is ready to eat!

Enjoy - this is a healthy dish, especially if you use whole wheat bread rolls.