

## Make burger patty with sweet potato and oats; recipe inside

Food Safety and Standards Authority of India (FSSAI) shared a very easy recipe for making patty with sweet potato and instant oats.

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FSSAI shared an easy recipe for making healthy patty. (Source: fssaiindia/Twitter)

Eating healthy does not mean you have to forgo your favourite fast foods. Instead, all you need to do is to replace unhealthy ingredients with healthier ones. For instance, if you are craving burger, you can make a no-potato healthy patty.

In a Twitter post, Food Safety and Standards Authority of India (FSSAI) shared a very easy recipe for making patty with sweet potato and instant oats. Check it out:

### Ingredients

4	–	Sweet	potatoes,	medium	size
1	tsp	–	Ginger	and	green chilli paste
1/4	cup	–	Instant		oats
45		g	–		Peas
1	tsp	–	Chaat		masala

1	tsp	–	Dry	mango	powder
1	tsp	–		Lemon	juice
1	tsp	–		Cumin	powder
1/2	tsp	–	Red	chilli	powder
1/4	tsp	–	Garam	masala	powder
Rock	salt	or	black	salt	to taste

25 g – Coriander leaves

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### Method

\*Rinse the potatoes and boil them along with the peas in a pressure cooker till they become soft. Once cooked, peel the skin off and mash them well.

\* Dry roast the rolled oats in a wide pan and keep aside.

\*In a bowl, add all the ingredients and mix well.

\*Shape the mix into medium-sized patty balls.

\*Pan fry each patty with little oil till they turn golden brown.

\*Serve sweet potato patty with freshly prepared chutney.