**BEETROOT PATTIES & FETA CHEESE YOGHURT**

**Vegetarian Main:** This recipe contains portion of vegetables and a portion of a non-dairy source of protein. It counts towards the standards to provide a portion of non-dairy source of protein at least three times each week.

Recipe adapted from: Lyndon McLeod, Head Chef, Gisle School Restaurant, Sweden

**Ingredients**

**Beetroot Patties:**
- 10g unsaturated fat spread
- 60g onion, peeled and finely chopped
- 500g beetroot, boiled and grated
- 250g potatoes, peeled and grated
- 900g for primary or 1.1kg for secondary chick peas, canned & drained, one-third chopped (drained weight, 540g primary and 660g secondary)
- 100g Panko (bread crumbs)
- 2g (1 tsp) black pepper
- 10g parsley, chopped

**Feta Cheese Yoghurt:**
- 30g feta cheese
- 5g fresh rosemary, chopped
- 500ml plain low fat yoghurt
- 2g (1 tsp) black pepper
- 10ml water

**Method**

1. Pre-heat the oven to 180oC/350oF/gas mark 4.
2. Melt the fat spread in a pan. Add the onion and cook until soft.
3. Add the beetroot, potatoes and chickpeas to the onions. Mix in the breadcrumbs, black pepper and parsley.
4. Shape into balls of approximately 60g each, and flatten slightly.
5. Place the patties onto a greased baking tray, and please into the oven until the potato has cooked through and the patties have browned in colour.
6. Prepare the feta cheese yoghurt by crumbling the feta cheese into a bowl with the rosemary. Add the yoghurt and black pepper and mix. Whisk in a little water if it gets too thick.

**Serving suggestion:** serve the beetroot patties and feta cheese yoghurt in a wholemeal bap.

**Number of portions this recipe makes:**
- 10 primary servings (200g)
- 6 secondary servings (350g)

**Prep:** 20 minutes  
**Cook:** 25 minutes

**Allergy information:**
- Milk, sulphites, wheat (gluten)

**Top Tips**

Make the patties in advance and refrigerate until needed to help ensure the patties don’t fall apart.

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**Government Buying Standards for Food & Catering Services**

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children’s diets.

For this recipe: choose oils based on unsaturated fats.

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We have asked Children’s Food Trust to check this recipe against the School Food Standards, list allergens and ensure ingredients are aligned to the Government Buying Standards for Food & Catering Services nutrition criteria (GBSF).

Public Health England has supported the School Food Plan to develop this ‘What Works Well’ recipe. The ‘What Works Well’ website brings together the best ideas in school food & food education [http://www.schoolfoodplan.com/whatworks].