

Lotus Vegheet Sandwich

Makes 12

Ingredients

1 carrot vegheet
1 pumpkin vegheet
200g lotus root
130g ground meat
¼ onion
Salt and pepper

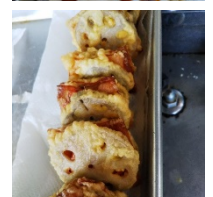
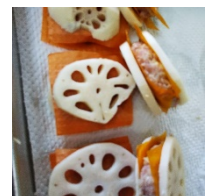
For batter

40g flour
1 egg
80cc water

Equipment essentials

Kitchen scissors

1. Peel the lotus root and leave it in vinegar.
2. Mince the onion.
3. Remove the lotus root from the vinegar. Cut into 5cm slices.
4. Knead the meat, onions, salt and pepper together in a bowl.
5. With kitchen scissors, cut each vegheet sheet into 12 pieces or according to the size of the lotus root.
6. Take 2 lotus root slices and place a vegheet piece on each.
7. Place a scoop of ground meat between 2 vegheet pieces. Press firmly.
8. Mix the batter. Cover the lotus vegheet sandwiches in the batter. Fry in oil.



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