

DURING EARTH HOUR...

“I AM STAYING IN AND COOKING A MEAL THAT TAKES LITTLE TIME AND ENERGY —FROM BOTH ME AND MY OVEN”

From slow cooking to choosing locally grown foods, there are many ways you can make an Earth Hour meal that is environmentally friendly.

POTATO & FETA CAKES WITH TWO TOPPINGS

[FROM MORSELSANDMUSINGS.BLOGSPOT.COM/2009/03/EARTH-HOUR-LOW-CARBON-COOKING.HTML](http://MORSELSANDMUSINGS.BLOGSPOT.COM/2009/03/EARTH-HOUR-LOW-CARBON-COOKING.HTML)

Serves 1

Cake

- 1 cup potato and feta mash
- 1 egg, whisked
- Olive oil, for frying
- Avocado topping
- Tomato half, cubed
- Avocado half, cubed
- 1/2 tsp white wine vinegar
- 1 tbsp shredded basil

Caponata Topping

- 1 garlic clove, crushed
- 1/2 zucchini, finely sliced
- 4 cherry tomatoes, halved
- 4 black olives, chopped
- 1 tbsp capers
- 1 tbsp shredded basil

To make the potato cakes, combine the egg and potato and feta mash and mix well. Form into two patties. Refrigerate while you prepare the toppings.

In a bowl add avocado and tomato cubes, the remaining basil and season with salt and pepper. Dress with a little olive oil and white wine vinegar and toss to combine. Set aside at room temperature.

In a frying pan, heat olive oil. Fry the garlic and zucchini until softened.

Add the cherry tomato halves and squash. Add olives and capers and fry until tomatoes are soft also.

Remove from heat, add 1 tablespoon basil and season with salt and pepper. Set aside at room temperature.

In a frying pan, heat olive oil. Fry the potato patties until crispy on the outside.

Plate patties and spoon the toppings onto each patty. Serve immediately.

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