

# MEAT OR POULTRY LATKES

## INGREDIENTS

- 1 C** Egg Substitute **OR** 4 eggs
- 1** Onion (large) (roughly chopped)
- 2 T** Panko crumbs **OR** matza meal **OR** potato starch
- 1 bunch** Parsley (fresh)
- 1 bunch** Cilantro (fresh)
- 1/2 bunch** Mint (fresh)
- 4** Scallions
- 10 oz** Ground beef **OR** lamb **OR** Turkey **OR** chicken (300 grams)  
Montreal Steak seasoning (to taste)
- 3 T** Pine nuts (optional)  
Non-stick cooking spray  
Vegetable oil



## DIRECTIONS

- 1 Put egg substitute, onion, meal or Panko, parsley, cilantro, mint & scallions in a processor
- 2 Pulse until the herbs are chopped & then transfer to a bowl
- 3 Add the ground meat or poultry of your choice, seasoning & pine nuts & mix thoroughly
- 4 Spray a large saute pan with the non-stick cooking spray
- 5 Heat a little bit of vegetable oil &
- 6 Use a 1/4 C or 1/2 C to ladle in the latke mix
- 7 Cook over medium heat for 3 - 4 minutes on each side **OR** until deep golden in color
- 8 Be careful not to crowd the pan
- 9 Remove to paper towels to drain

