



Potato, Broccoli and Carrot Patties

Ingredients

For the Mixture:

- ¼ cup of MASECA® Antojitos corn masa flour
- 2 cups of plain mashed potatoes, completely cooled (no butter or milk)
- ¾ cup of steamed broccoli florets, finely chopped
- ½ cup of carrots, finely grated
- 1 large egg
- 2 tablespoons of white onion, very finely minced
- 1 garlic clove, minced

- ½ teaspoon of salt
- ¼ teaspoon of black pepper

For Breading:

- 1 cup of MASECA® Antojitos corn masa flour
- ½ teaspoon of salt
- ¼ teaspoon of garlic powder
- 1 cup of cooking oil for frying

Preparation

1. In a pan, add a little bit of oil and sauté garlic, onions and carrots until soften. Set aside.
2. In a large bowl, combine mashed potatoes with sauteed vegetables, egg, salt, pepper, and MASECA® Antojitos corn masa flour. Mix well until smooth. Refrigerate for 15 minutes.
3. Divide mixture into 12 equal portions (about 3 tablespoons each). Form into patties roughly 2½ inches wide and ½ inch thick.
4. In a shallow dish, combine breading ingredients. Gently press each tortita into the mixture to lightly coat it and help it stick.
5. Heat oil in a skillet over medium heat. Fry patties in batches for 3–4 minutes per side, until golden brown and crisp.
6. Transfer to a paper towel-lined plate and season lightly with salt if needed.

Makes 12 patties