

## OLD JOE'S KAIA COUNTRY HAVEN

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## CONFETTI CAKES

7-8 cakes

Drain, retain the water. Mash the beans with a potato masher:

*1 tin butter beans (or other white beans)*

Soak in a large mixing bowl for 10 minutes:

*15 ml flax meal  
45 ml bean water (drained above)*

Add to the flax in the large mixing bowl, then mix through with a large fork without clumping. Do NOT add extra liquid—there is enough in the vegetables:

*1 white onion, finely chopped  
70 g yellow pepper, finely chopped  
70 g red pepper, finely chopped  
70 g spinach, finely shredded  
40 g red cabbage, finely shredded  
3 garlic cloves, minced  
75 g chickpea or cake flour  
5 ml smoked paprika  
5 ml ground cumin  
5 ml dry sweet basil  
5 ml salt  
10 ml chicken-flavoured stock powder  
drained mashed beans*

Shaping - use your hands to make 8 balls, then flatten slightly before lowering into a hot pan with very little oil. Cook on low heat for 5-7 minutes before turning and cooking the other side. These cakes are very colourful, so try not to brown them too much—you still want to see the individual ingredients.

Serve these cakes with roast potatoes, a [Tomato Sauce](#) and a Side Salsa of tomatoes, avocado, capers and cucumber.

Garnish with chopped spring onions and edible flowers.

NOTE: These cakes are excellent eaten cold, so ideal for lunch boxes.