

SIDE DISH

Mashed Potato Polpetti (Patties)

1 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
15 min	10 min	5 min	6	\$0.44	221 kcal



Mashed Potato Polpetti (Patties) takes approximately 15 minutes from beginning to end. One portion of this dish contains approximately 6g of protein, 11g of fat, and a total of 221 calories. For 44 cents per serving, this recipe covers 8% of your daily requirements of vitamins and minerals. This rec...

Ingredients

- ☐ ¼ cup extra virgin olive oil
- ☐ 6 servings Leftover gravy
- ☐ 3 cups mashed potatoes
- ☐ 6 servings Flour, for dredging
- ☐ ½ cup grated Parmesan
- ☐ 6 servings Grey salt and freshly ground black pepper

EQUIPMENT Frying pan, Baking sheet, Paper towels, Plastic wrap

Method

- 1 Re-season potatoes with salt and pepper, stir in cheese. Take a mayonnaise or peanut butter lid, line with plastic wrap to use as a mold. Pack the potato mixture into the lid, unwrap it and place the patty on a baking sheet. You may refrigerate them covered with plastic wrap until the next day, or fry immediately.
- 2 To cook, dredge the patties in flour.
- 3 Heat olive oil in a skillet over medium-high heat, add patties. Just before frying, dredge the patties again with flour.
- 4 Add the patties to the oil without crowding them (you may have to cook them in batches). Cook until underside is golden brown, about 5 minutes, flip and brown the other side.
- 5 Remove from the skillet and drain on paper towels.
- 6 Serve hot with leftover gravy.

Nutrition per serving

221	6 g	11 g	24 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			2.7 g · 17% of daily needs
Fibre			2.5 g · 10% of daily needs
Sugar			0.9 g · 1% of daily needs
Sodium			145 mg · 6% of daily needs
Cholesterol			5.8 mg · 2% of daily needs
Vitamin C			20.7 mg · 25% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at [whatsheate.com/mashed-potato-polpetti-patties-146887](https://www.whatsheate.com/mashed-potato-polpetti-patties-146887)