Rice Cakes with White Beans & Mixed Veg



Golden, bite-sized rice cakes made with rice, creamy white beans and colourful vegetables. Soft inside, lightly crisp on the outside and packed with plant protein for growing bodies.

MAKES	PREP TIME	COOKING TIME	FREEZER FRIENDLY
12 SMALL RICE CAKES (6 toddler portions)	**20 minutes**	**20–25 minutes**	**Yes** (up to 2 months)

Ingredients

- **120 g dry rice** (yields ±330–360 g cooked)
- **1 × 400 g tin white beans** (±240 g drained), rinsed and mashed
- **400 g mixed vegetables** (peas, carrots and corn – fresh or frozen)
- **1 small onion** (± 2 tbsp, finely chopped)
- **60 g oat flour** (about ½ cup), plus extra if needed
- **1 tbsp olive oil** (plus a little for cooking)
- **1 tsp dried mixed herbs** (optional)

Method

1. Cook 120 g dry rice until soft. Cool rapidly in a shallow container.
2. Drain and rinse the white beans. Mash with a fork until mostly smooth.
3. Steam or boil 400 g mixed vegetables until tender. Drain well.
4. Set aside 200 g vegetables for serving. Finely chop or mash the remaining 200 g for the rice cakes.
5. Finely grate or chop the onion.
6. In a large bowl, combine the cooked rice, mashed beans, 200 g chopped vegetables, onion, oat flour, olive oil and herbs. Mix well, mashing some of the rice into the beans to help it bind.
7. Shape into 12 small, flat cakes.
8. Bake at 200°C for 20–25 minutes, turning halfway, until firm and lightly golden. (Alternatively, pan-fry in a little olive oil until golden on both sides.)

Portion guide (per child)

2 rice cakes + 100 ml mixed vegetables (± 250 ml total)



Prep & storage

- Cool the rice cakes and vegetables promptly.
- Pack 6 portions: 2 rice cakes and 100 ml mixed veg per container.
- Label 3 portions Week 1 and 3 portions Week 4 (include date).
- Freeze for up to 2 months.
- Reheat thoroughly to 74°C before serving.

Tips

- Cool cooked rice quickly (within 1 hour) and freeze or refrigerate promptly.
- If the mixture feels too soft, add a little extra oat flour or chill for 10–15 minutes before shaping.
- You can add other soft veggies (e.g. grated courgette, spinach or cauliflower).
- For Miss Lion, use clean equipment and prevent cross-contact with dairy or egg allergens.