FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Poached egg and spinach potato rosti

Serves	Prep Time	Cooking	Total Time	Calories
2 people				**257 kcal**

Stuff that's in it:

• 320G Maris Piper Potato (Cooked And Mashed)

• 50G Shallots (Finely Diced)

• 85G Baby Spinach (Wilted)

• 25G Wholemeal Flour

• 2 Medium Eggs

• ½ Tsp Baking Powder

• 1 Tsp Oil

What you do:

Gently fry the shallots until soft, use a splash of water so they soften, add the mashed potato, shallots, baking powder, flour and add salt and pepper then mix together into a big ball. Split the mixture into 2 and shape into 2 round discs, heat the oil in a pan and fry the rosti in each side for around 5 mins. Poach the egg and serve on top of the rosti with the spinach.

Nutrition

• Carbs: 41g

• Fat: 6g

• Protein: 9g

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