

## 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

