

## Hash Browns with a Hint of Heat



Serves	Prep Time	Cooking	Total Time	Calories
<b>4 people</b>				<b>143 kcal</b>

### Stuff that's in it:

- 450G Maris Piper Potato, Peeled And Grated
- 1 Egg
- ½ Tsp Chilli Flakes
- 1 Tps Roast Potato Seasoning ((Tesco))
- 1 Tsp Oil
- 1 Onion (Grated)

### What you do:

Peel then Grate your potato and onion together, I used a vegetable net from Asda, you can buy them in packs of 3, they are amazing, to squeeze out all the water, or use a tea towel.

Then add to a bowl and add the egg and seasoning and a pinch of pepper.

Divide into 4 equal balls, then flatten until you have a disc shape, firm but thin.

Squirt a fry pan with the oil, medium heat and fry for around 3 minutes each side, or until piping hot all the way through.

### Nutrition

- Carbs: 19g

- Fat: 5g

- Protein: 3g

Copyright 2024 by Sarah McDonald, All Rights Reserved.

[www.fitfastcook.com](http://www.fitfastcook.com)