



Potato Pancake with Poached Eggs (Serves 4)

Paired with eggs this simple crispy pancake recipe makes a delicious breakfast.

Ingredients

- 3 large potatoes, peeled
- 8 eggs
- 1 onion, thinly sliced
- 1 tbsp oil
- 2 tsp rosemary (optional)
- Salt and pepper

Method

- For the pancake:** Coarsely grate the potatoes. Place in a clean tea towel, wrap up to form a ball and squeeze over the sink to remove as much liquid as possible. Less moisture in the potatoes allows for a crispier pancake
- In a bowl mix potatoes and onion and season with salt, pepper and rosemary
- Divide mixture into 4 mounds
- Heat oil in a frying pan and add ¼ of the mix to pan. Pat down to form a patty
- Cook on medium heat for 5 minutes each side until golden brown
- Remove from pan, place on paper towel and pat pancake on each side to remove excess oil. Repeat for the remaining 3 pancakes
- For the poached egg:** Bring a pan of water to a simmer
- Swirl simmering water with a large spoon and tip egg into the centre of the pan, cook for 2-3 minutes
- Remove with slotted spoon and repeat with remaining eggs
- Serve eggs on top of pancake

TOP TIP:
When cooking poached eggs, make sure water is only simmering and NOT boiling

Nutrition

The yolks of the eggs provide us with a dietary source of Vitamin D. Typically we get most of the Vitamin D we need from sunshine, not food. It may be that during lockdown we are indoors for more of the day so are not getting enough Vitamin D from sunlight. To keep our bones and muscles healthy, dietary sources of Vitamin D are very important.

Nutrition per portion - 276g

Energy 362kcal 18%	Fat 16.6g 24%	Saturates 4.1g 21%	Sugars 3.3g 4%	Salt 0.7g 11%	Protein 18.7g 37%	Carbs 32.5g 13%	Fibre 4.4g
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% of an adult's reference intake

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