

BREAKFAST POTATOES

Gluten Free Dairy Free Low Chemical
Serves 2

Ingredients:

3 medium potatoes
¼ choko
¼ small purple cabbage
1 stalk shallot
½ cup chopped green beans
5 cm leek
Salt
Allowed oil for cooking



Method:

- Peel the potato and dice into 1-2cm pieces
 - Peel choko and cut into small pieces
 - Top and tail green beans and cut into 2cm pieces
 - Finely dice the leek, shallot and cabbage
 - Place the potato in a microwave dish with a little water and microwave for 2 minutes
 - Drain off the water and transfer potato to a large, oiled, frying pan
 - Fry the potato in oil to create some browning/crispness on the outer edge
 - Move the potato around with a spatula to allow more browning
 - After about 5 minutes move the potato to one side of the pan.
 - Add a little more oil and add the rest of the vegetables to heat
 - When the potatoes are cooked through and browned a little, mix all the vegetables together and salt to taste
 - Serve with eggs
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- NB: if you find cabbage a little windy it is best to cook it for less than 3 minutes.
 - A portion can be put in the fridge and re-heated the next day
 - Can also be used as a dinner vegetable dish