

BREAKFAST POTATO NESTS



Serving: 6

Cooking Time: Not Specified

Prep Time: Not Specified

INGREDIENTS

- 900g grated raw potato

- 60ml plain flour
- 2 large eggs
- 250ml cheddar cheese, grated
- Salt and pepper to taste
- **Filling:**
- 250ml spinach, roughly chopped
- 120g mushrooms, roughly chopped
- 30ml olive oil
- Salt and pepper to taste
- 100g back bacon, diced
- 6 eggs, poached
- Chives, chopped, for garnish
- **Cheese Sauce:**
- 250ml low-fat milk
- 60ml plain flour
- 80ml Salt and pepper
- sharp cheddar cheese, grated
- Salt and freshly ground pepper to taste

INSTRUCTIONS

Potato Nests:

Preheat the oven to 180°C.

Combine all the ingredients in a large mixing bowl and mix until well combined.

Grease 6 large muffin moulds and evenly share out the mixture between them.

Using the back of a spoon tightly pack and shape the potato mixture into nests.
Bake in the preheated oven for 15- 20 minutes or until golden brown.

Filling:

Sauté the spinach and mushrooms separately in olive oil and set aside.
Shallow fry the bacon and transfer to a paper towel to remove excess oil.

Sauce:

Combine 60ml of milk and flour in a non stick saucepan, whisk until smooth.
Stir in remaining milk, over medium heat, bring to a boil, stirring to avoid lumps.
Reduce heat and simmer for 2 minutes, stirring all the time.
Remove from heat.
Stir in the cheese and adjust seasoning.

To Assemble:

Fill the nest, first with a layer of spinach followed by mushrooms, bacon, and a poached egg.
Top with the cheese sauce.
Garnish with chopped chives and serve hot.