

MASHED POTATO AND SPRING ONION WAFFLE TOPPED WITH GRILLED BABY MARROW AND POACHED EGG



Serving: 4

Cooking Time: 30 minutes

Prep Time: 10 minutes

INGREDIENTS

- *Waffle:*

- 500ml (2 cups) mashed potatoes
- 30ml (2 tbsp) butter, melted
- Salt, to taste
- 60ml (¼ cup) low fat yoghurt
- 60ml (¼ cup) nutty wheat flour
- 3 spring onions, finely chopped
- **Topping:**
- 2 baby marrows, grilled and tossed in a little oil
- 4 large eggs, poached

INSTRUCTIONS

1. Preheat the waffle machine.
2. In a large bowl, mix the potatoes, butter, salt, yoghurt, flour and spring onions together until well combined.
3. Spray the top and bottom of the waffle machine with a non-stick spray and pour in 80ml 4. (1/3 cup) of the batter onto the surface of the waffle machine.
5. Close and allow the batter to cook until slightly crispy, about 15 minutes. Continue until all of the batter is used.
6. Serve the waffle topped with baby marrow and poached egg.

Description:

Drizzle with honey and sprinkle with chopped nuts for a sweet option. Otherwise, prepare and consume as is for lunch.

Take note that the mashed potato takes a little longer to cook in the waffle machine.