

POTATO STACKERS



Serving: 12

Cooking Time: 25 Min

Prep Time: Not Specified

INGREDIENTS

- 3 large potatoes (540g), par-boiled and sliced into round discs

- 1 medium white onion, sliced
- 60g grated Parmesan
- Spray n Cook
- **Skinny White Sauce:**
- 15ml (1 tbsp) cake flour
- 5ml (1 tsp) butter
- 250ml (1 cup) fat free milk
- 5ml (1 tsp) hot English mustard

INSTRUCTIONS

1. Grease a muffin tray with spray n cook.
2. In a frying pan, sauté sliced onion in 5ml (1 tsp) Canola oil until soft and translucent and golden brown.
3. Prepare the skinny white sauce by melting the 5ml (1 tsp) butter and adding 15ml (1 tbsp) flour. Mix well before heating in the microwave for 15 seconds. Remove and gradually add 250ml (1 cup) fat free milk. Place back into microwave for 5-6 minutes or until thickened, stopping to stir every minute. Finish with 5ml (1 tsp) hot English mustard.
4. In each of the muffin tray spaces, layer the potato discs with sautéed onion in between. Pour over 15ml (1 tbsp) of the skinny sauce and a pinch of grated Parmesan.
5. Bake in the oven at 180°C for 20 – 25 minutes until golden brown and cooked through. Serve each person with a potato stacker to accompany the other braai offerings.