

## EGGS BENEDICT WITH A TWIST



**Cooking Time:** 30 minutes

**Prep Time:** 1 hour 10 minutes

### INGREDIENTS

- **Potato buns**
- 360g (3 cups) potato flour

- 125ml (½ cup) mashed potato with skin on
- Salt, to taste
- 1 large egg
- 10ml (2 tsp) instant yeast
- 60ml (¼ cup) butter, melted
- 250ml (1 cup) lukewarm water

## INSTRUCTIONS

1. Add all the ingredients into a mixing bowl and beat until all the ingredients are well combined.
2. On a lightly floured work surface, knead the dough until a softy dough has formed. Add more flour if you think the dough is very sticky.
3. Lightly grease a mixing bowl and add the dough, cover and leave in a warm place to rest until doubled, for about 40 minutes.
4. Turn the dough once again onto a working surface and knead for a few minutes. Divide into 10 equal pieces and roll each piece into a ball.
5. Lightly grease a baking tray and place the balls leaving space between them. Brush with melted butter, sprinkle with sesame seeds, cover and allow to rise until doubled in size about 30 minutes. Preheat the oven to 180°C.
6. Bake until golden for about 30 minutes, remove and leave to cool before using them.
7. Half the bun and sit on a serving place, top with sliced avocado, soft-boiled egg and low-fat yoghurt.

***Serving suggestion: Easy and delicious, the bun can be used as a healthy alternative to loaf bread for school or officer lunches.***