

POTATO WAFFLE TOPPED WITH SOFT EGG, SPINACH AND TOMATOES



Serving: 4

Cooking Time: 15 minutes

Prep Time: 30 minutes

INGREDIENTS

- Potato waffles

- 30ml (2tbsp) butter
- 1 small onion, finely chopped
- 1 garlic clove, finely chopped
- 500ml potato, boiled with skin on and mash
- 15ml (1 tbsp) fresh flat leaf parsley, chopped
- 60ml (¼ cup) cake flour
- 5ml (1 tsp) baking powder
- 2 large eggs
- 50ml milk
- Salt and freshly ground black pepper, to taste

INSTRUCTIONS

1. Heat the butter in a frying pan and add the onion and garlic, sauté for about 5 minutes.
2. Preheat the waffle iron and set aside.
3. Add the onion mixture to the potato as well as the parsley, flour, baking powder, eggs, milk and season. Mix until well blended.
4. Spoon about 60ml (¼ cup) of batter into the centre of the waffle iron and close the lid. Cook until golden brown, about 3 – 4 minutes. Remove and continue to make waffles until all the butter is used.
5. Serve the potato waffle topped with low fat yoghurt, baby spinach, sliced tomato and soft-boiled egg, season and serve.

These beautiful waffles can be topped with anything from cooked ham and avocado to left over chicken and mayonnaise.