Breakfast

Crispy Potato Pancakes with Mushroom Topping

Grated potato pancakes fried until golden, served with a gently cooked sauce of onions, garlic and mushrooms.



Low fat | Low sugar

25 min	330	44.2 g	5.2 g
time	calories	carbs	sugars

Ingredients, 3 servings

- [ ] 6 medium-sized potatoes, scrubbed
- [ ] 2 eggs
- [ ] ½ tsp salt
- [ ] your choice of herbs and spices, to taste (we used 1 tbsp freshly chopped parsley plus a good pinch black pepper)
- [ ] 2 tsp oil
- [ ] 2 large onions, chopped
- [ ] 2 cloves garlic, crushed
- [ ] 250 g mushrooms, sliced (any type)

Method

- [ ] **1** Grate the potatoes, cover the bowl and set aside.
- [ ] **2** Beat the eggs in a separate bowl with the salt and your choice of herbs and spices, such as the chopped parsley and a good pinch of black pepper, then stir into the grated potatoes.
- [ ] **3** Heat 1 tsp of the oil in a nonstick frying pan over medium to low heat, then spoon in the potato mixture and shape it into small pancakes.
- [ ] **4** Cook the pancakes in batches for 2-3 minutes on each side, setting each batch aside as it finishes.
- [ ] **5** Meanwhile, heat the remaining oil in another pan, add the chopped onions, crushed garlic and sliced mushrooms, and cook gently for 10-15 minutes, stirring regularly.
- [ ] **6** Once the last batch is done, return all the pancakes to the pan for 1-2 minutes to warm through, then serve with the mushroom sauce.

Nutrition Facts

Per serving

Calories	**330**
Total fat	9.2 g
Saturated fat	1.8 g
Sodium	Not listed
Total carbs	44.2 g
Fiber	Not listed
Total sugars	5.2 g
Protein	12.3 g

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