Dinner

Crispy Veggie Patties with Poached Eggs

Soft mash of potato and parsnip is mixed with golden fried onion, carrot and green cabbage, shaped into patties and pan fried, then finished with poached eggs on top.



Low sugar

40 min	328	36.8 g	11 g
time	calories	carbs	sugars

Ingredients, 3 servings

- [ ] 350 g potatoes, cubed
- [ ] 1 large parsnip, peeled and cubed
- [ ] 4 tbsp milk
- [ ] 25 g vegetable oil-based spread
- [ ] 1 tsp rapeseed oil
- [ ] 1 small onion, chopped
- [ ] 1 large carrot, peeled and grated
- [ ] 100 g green cabbage, finely shredded
- [ ] 3 medium eggs
- [ ] freshly ground black pepper

Method

- [ ] **1** Boil the potatoes and parsnip in water for 12-15 minutes until tender, then drain well and return them to the pan.
- [ ] **2** Mash the potatoes and parsnip with the milk and vegetable oil-based spread until smooth, then season with freshly ground black pepper.
- [ ] **3** Meanwhile, heat the rapeseed oil in a medium frying pan and fry the onion, carrot and green cabbage for 5 minutes.
- [ ] **4** Tip the fried onion, carrot and green cabbage into the mash and shape the mixture into 3 patties.
- [ ] **5** Fry the patties for 4-5 minutes, turning halfway through cooking.
- [ ] **6** Poach the eggs and serve them on top of the patties.

Nutrition Facts

Per serving

Calories	**328**
Total fat	12.2 g
Saturated fat	3.1 g
Sodium	Not listed
Total carbs	36.8 g
Fiber	8.8 g
Total sugars	11 g
Protein	13 g

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