BREAKFAST

Potato Pancake with Poached Eggs  (Serves 4)
Paired with eggs this simple crispy pancake recipe makes a delicious breakfast.

Ingredients

- 3 large potatoes, peeled
- 8 eggs
- 1 onion, thinly sliced
- 1 tbsp oil
- 2 tsp rosemary (optional)
- Salt and pepper

Method

1. For the pancake: Coarsely grate the potatoes. Place in a clean tea towel, wrap up to form a ball and squeeze over the sink to remove as much liquid as possible. Less moisture in the potatoes allows for a crispier pancake.
2. In a bowl mix potatoes and onion and season with salt, pepper and rosemary.
3. Divide mixture into 4 mounds.
4. Heat oil in a frying pan and add ¼ of the mix to pan. Pat down to form a patty.
5. Cook on medium heat for 5 minutes each side until golden brown.
6. Remove from pan, place on paper towel and pat pancake on each side to remove excess oil. Repeat for the remaining 3 pancakes.
7. For the poached egg: Bring a pan of water to a simmer.
8. Swirl simmering water with a large spoon and tip egg into the centre of the pan, cook for 2-3 minutes.
9. Remove with slotted spoon and repeat with remaining eggs.
10. Serve eggs on top of pancake.

Nutrition

The yolks of the eggs provide us with a dietary source of Vitamin D. Typically we get most of the Vitamin D we need from sunshine, not food. It may be that during lockdown we are indoors for more of the day so are not getting enough Vitamin D from sunlight. To keep our bones and muscles healthy, dietary sources of Vitamin D are very important.

Nutrition per portion - 276g

<table>
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<th>Energy</th>
<th>362kcal</th>
<th>Fat</th>
<th>16.6g</th>
<th>24%</th>
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<tbody>
<tr>
<td>% of an adult's reference intake</td>
<td>18%</td>
<td>Saturates</td>
<td>4.1g</td>
<td>21%</td>
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<tr>
<td></td>
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<td>Sugars</td>
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<td>Fibre</td>
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