Enable Ireland’s Recipes for Beginners

Egg Muffins & Potato Rosti Cakes

1. Egg Muffins

Ingredients

- 6 eggs
- Oil, for greasing
- 1 small carrot (chopped into small pieces)
- ½ small courgette (chopped into small pieces)
- 25g peas
- 25g Grated cheddar cheese

Method

1) Heat oven to 200c/gas 6.
2) Using the oil, grease 6 holes in a muffin tin.
3) Place chopped veg. and peas into bowl. Add 1 tablespoon water, cover and microwave for 2 minutes. Drain veg.
   Remove and allow to cool for a few minutes.
5) Eat for breakfast, lunch or tea. Can be cooled and used for lunch snack in school.
2. Potato Rosti Cakes

**Ingredients**

- 3 large potatoes washed and peeled
- 1 small onion or scallion chopped into small pieces
- 2 teaspoons Flour
- 1 egg - beaten
- ¼ teaspoon baking powder
- Salt and pepper – pinch of each
- Oil for frying

![Ingredients Image](image)

**Method**

1) Grate potatoes coarsely into a clean tea towel, cover and leave for 5-10 minutes to help drain out moisture. Squeeze well.
2) Place potatoes into bowl, add flour, onion, egg, baking powder and salt and pepper. Mix well together.
3) Heat oil in pan, place large spoonfuls of mix onto pan, flatten each of them and cook for approx. 5 minutes on each side. Until they are golden colour and cooked through.
4) These can be eaten with a nice green salad, or poached eggs.