

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.
- 4) Whisk eggs in a bowl, add veg, add cheese. Divide mixture into muffin tin. Bake for 12-15mins until egg mix is set and light golden in colour. 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



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.

