

# eggy bubble & squeak cakes

cracking meals  
under £1 per portion



**Preparation: 15 mins**

**Cooking: 10 mins**

**Serves 4**

**5 large British Lion eggs**

**450g/1lb mashed potato**

**225g/8oz cooked vegetables  
such as carrots, cabbage, leeks etc**

**Salt and freshly ground black pepper**

**60g/4 tbsp plain flour**

**90ml/6 tbsp vegetable oil for frying**

1. Place four of the eggs in a medium pan, cover with water and bring to the boil. Simmer for 7 mins. Drain the eggs, then rinse in cold water. Tap the shells all over and peel away. Roughly chop the eggs.

2. Place the potato and vegetables in a large bowl with the chopped eggs and seasoning. Beat the remaining egg, add to the vegetables and mix well. Divide and shape the mixture into 8 small or 4 large cakes, dusting them lightly with flour as you go.

3. Heat the oil in a large non-stick frying pan, add the cakes and cook for 8-10 mins turning over half way through so they are golden brown on both sides. Lift from the pan with a spatula, drain on kitchen paper then serve hot.

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