HEARTY & GROUNDING

Bubble and Squeak Cakes with a Poached Egg

PREP	COOK	SERVES
20 min	25 min	4

Vegetarian

Crisp pan-fried cakes of mashed potato and cabbage, topped with a soft poached egg.

Ingredients

- 500 g cold mashed potato
- 250 g cooked cabbage or Brussels sprouts, finely chopped
- 1 small onion, finely chopped and softened in butter
- 2 tbsp plain flour, plus extra for dusting
- Salt and black pepper
- 3 tbsp oil or butter, for frying
- 4 eggs, poached
- Brown sauce or ketchup, to serve

Method

1. Mix the mash, cabbage, onion, flour, salt and pepper thoroughly. Shape into eight patties and chill for 15 minutes.
2. Dust the patties lightly with flour.
3. Heat the oil in a large frying pan over medium heat and fry the cakes for 4 to 5 minutes per side until crisp and dark golden.
4. Poach the eggs in barely simmering water for 3 minutes.
5. Serve two cakes per person with a poached egg on top and brown sauce on the side.

Cook's tip

The mash must be cold and fairly dry, or the cakes fall apart in the pan. Do not flip them too soon: wait until they release easily.