

45 minutes

Makes 4

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Ingredients

- 3 (about 350g) large potatoes, peeled and grated
- 200g PnP frozen cauliflower, thawed
- 1 cup (150g) frozen corn, thawed
- 3 cloves garlic, finely chopped
- 3 Tbsp (45ml) chopped fresh parsley or coriander
- 3 red chillies, deseeded and chopped
- 1 Tbsp (15ml) paprika or cayenne pepper
- 2 eggs, whisked
- ¼ cup (60ml) cake flour
- Salt and milled pepper
- Oil, for frying
- 4 poached eggs and wilted Swiss chard, for serving

Method

1. Place grated potato in a clean tea towel and squeeze out excess moisture.
2. Blitz cauliflower for a few seconds until it resembles rice.
3. Combine potato, cauliflower "rice", corn, garlic, parsley, chilli and spice.
4. Mix in eggs and cake flour to form a batter and season well.
5. Heat oil in a large skillet over medium heat.
6. Spoon a quarter of the hash mixture into skillet and flatten.
7. Fry for 8-10 minutes per side until golden and cooked through.
8. Repeat with the remaining mixture.
9. Serve topped with poached egg and wilted Swiss chard.

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