

Potato and Courgette Rösti with an Egg

This is a great way to 'hide' vegetables from the vegetable phobic. The addition of a fried egg makes a complete meal. Fried eggs need not be unhealthy if only a little oil is used in cooking.

For 4 people you will need:

4 large potatoes
4 medium courgettes
1 medium onion
2 cloves garlic
4 medium free range eggs
Extra virgin olive oil
Black pepper
Salt (preferably low salt substitute*)

* People receiving medication for diabetes, heart or kidney disorders should consult their doctor before using low salt alternatives

1. Grate the potatoes, courgettes and onion into a large bowl and mix.
2. Finely chop the garlic and add to the mixture, season with pepper and a little salt and mix again. Squeeze the mixture with your hand and pour off the liquid.
3. Heat a slug of olive oil in a large heavy based frying pan.
4. Add the potato mixture and pat down.
5. Cook over a medium heat until the base is browned and the potato is beginning to cook through.
6. To turn the rösti, slide it onto a large plate. Holding the plate in one hand and place the frying pan over the plate. With the two together, flip them over so the rösti lands back in the pan with the uncooked side underside.
7. Continue to cook until the second side is browned and the whole rösti cooked through.
8. While the second side is cooking, add a slug of oil to a second non-stick frying pan.
9. Break in the eggs and cook on a medium heat until the whites are set. If you prefer them 'easy over' flip briefly for a few seconds before serving.
10. To serve, place a quarter of the rösti on a plate with a fried egg on top.