



BUBBLE & SQUEAK

 **Prep: 20 minutes**

 **Cook: 10 minutes**

 **Serves: 4**

Each serving contains



of your guideline daily amount

INGREDIENTS:

- 150g parsnips cut into quarters lengthways
- 300g floury potatoes, cut into chunks
- 250g Savoy cabbage or sprouts, sliced
- 1 to 2 tbsp oil
- 1 clove garlic, roughly chopped
- 1 tsp **LoSalt**
- 3 tbsp plain flour (40g)

METHOD:

1. Place the parsnips and potatoes in a saucepan of boiling water and cook for 10 minutes, removing the parsnips after 5 minutes. Drain the potatoes and roughly mash.
2. Meanwhile, blanch the cabbage or sprouts for 2-3 minutes and drain.
3. Heat ½ tbsp oil in a frying pan and fry the parsnips for 3-4 minutes until golden, place in a food processor with the cabbage or sprouts, garlic and **LoSalt** and roughly chop. Stir into the mashed potato with the flour and divide into 8. Shape into flat rounds.
4. Heat the remaining oil in the same frying pan and fry the bubble and squeak in 2 batches for 1-2 minutes each side until golden.

COOKS TIP:

Lovely served topped with a poached or fried egg.