

Quick and easy



# Cauliflower hash browns with poached eggs and bacon

*Serves 1*

190g cauliflower, grated (roughly ½ small cauliflower)

95g sweet potato, grated

½ white onion, peeled and grated

2 medium eggs, beaten

Pinch of smoked paprika

Pinch of salt

1 tsp olive oil

1 tsp butter

2 rashers lean smoked back bacon

1 tomato, halved

1 medium egg



## Method

Mix the cauliflower, sweet potato, onion and eggs together in a large bowl and season with paprika and salt then divide into two equal balls. Heat the oil and butter in a large non-stick frying pan until the butter is foaming, then add the two balls of mixture to the pan and flatten out with the back of a spoon to around 1.5cm thick. Fry for 3–4 minutes on each side until golden and crisp.

Meanwhile, grill the bacon and tomato for 3–4 minutes on each side and poach the egg in a pan of simmering water for 3 minutes.

If you're making this for a crowd, or just want to get ahead, try poaching your eggs the night before. As soon as they're cooked, transfer them to a bowl of cold water (to stop them cooking further) then keep in the fridge overnight. They just need to be briefly dipped in hot water to reheat.

Top the hash browns with the egg and bacon and serve with the grilled tomato.

## Tip

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