



## Three Course Garden Feast

 Vegetarian

READY IN



40 min.

SERVINGS



8

CALORIES



298 kcal

SIDE DISH

### Ingredients

- ☐ 25 g butter
- ☐ 50 g mature cheddar
- ☐ 4 large eggs
- ☐ 8 servings enough flour to dust the patties
- ☐ 30 g kale sliced
- ☐ 500 g potatoes peeled halved
- ☐ 8 servings slosh rapeseed oil good cold pressed
- ☐ 8 servings grinding of salt & pepper black good

- ☐ 80 g sweetcorn
- ☐ 150 g cabbage white sliced

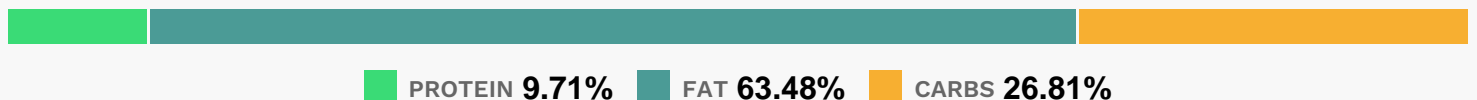
## Equipment

- ☐ frying pan
- ☐ pot
- ☐ slotted spoon

## Directions

- ☐ In one pot, steam or boil the potatoes until tender. In another, steam or boil the cabbage and kale until soft.
- ☐ Add the kale at the last minute as it won't take long to cook.
- ☐ Mash the potatoes with the butter and cheese, then add the cabbage, kale and sweetcorn and mix well. Season with salt and pepper.
- ☐ Once the mixture is cool, take balls of mix and squash into patties the size of a standard burger. coat in flour and set aside. You should get about 8 patties out of the mixture.
- ☐ Heat the rapeseed oil in a frying pan, then shallow fry the bubble and squeak patties for a few minutes until crisp and golden on both sides.
- ☐ Serve 2 patties topped with a soft poached egg.
- ☐ If you haven't poached an egg before, don't worry, it is easy. Just boil a pan of water and once it is simmering, gently break an egg into it. It will take 2 minutes to cook.
- ☐ Remove gently with a slotted spoon. It doesn't matter if it is the best poached egg you have ever seen, it will still taste delicious. Season the egg with a little salt before serving the dish.

## Nutrition Facts



## Properties

Glycemic Index:45.91, Glycemic Load:13.48, Inflammation Score:-6, Nutrition Score:11.753043485724%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 2.29mg, Kaempferol: 2.29mg, Kaempferol: 2.29mg, Kaempferol: 2.29mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 298.44kcal (14.92%), Fat: 21.39g (32.91%), Saturated Fat: 4.68g (29.25%), Carbohydrates: 20.33g (6.78%), Net Carbohydrates: 17.89g (6.5%), Sugar: 1.71g (1.9%), Cholesterol: 105.97mg (35.32%), Sodium: 299.62mg (13.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.36g (14.72%), Vitamin K: 40.55µg (38.62%), Vitamin C: 23.23mg (28.15%), Vitamin E: 2.9mg (19.36%), Selenium: 12.32µg (17.59%), Vitamin A: 696.27IU (13.93%), Vitamin B6: 0.28mg (13.86%), Phosphorus: 137.24mg (13.72%), Vitamin B2: 0.23mg (13.3%), Folate: 49.57µg (12.39%), Manganese: 0.23mg (11.32%), Potassium: 377.98mg (10.8%), Fiber: 2.44g (9.76%), Vitamin B1: 0.15mg (9.72%), Calcium: 85.01mg (8.5%), Iron: 1.48mg (8.21%), Vitamin B5: 0.75mg (7.53%), Vitamin B3: 1.38mg (6.91%), Magnesium: 26.87mg (6.72%), Zinc: 0.9mg (6%), Copper: 0.11mg (5.45%), Vitamin B12: 0.29µg (4.9%), Vitamin D: 0.54µg (3.58%)