

The Autism Food Club



Potato rosti with scrambled eggs

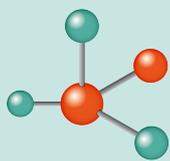
(Serves 2)



Ingredients

- 2 medium sized waxy potatoes
- 1/2 onion, finely chopped
- 1 clove garlic, crushed and finely chopped (optional)
- Salt and freshly ground black pepper
- 3 tablespoons duck/ goose fat or olive oil or dairy free margarine
- 4 large eggs
- 20g dairy free spread
- Salt and freshly ground black pepper to taste

(You can also add **bacon** or **smoked salmon** to serve as well)



Sprinkling of science

Onions provide a quite pungent source of aroma and flavour to many dishes. Accepted to be a bit of a healthy all-rounder, onions can be consumed raw or cooked depending on specific taste.

A rich source of flavonoids, components of onions have been suggested to help with various health complaints including those linked to inflammation and oxidative stress. Quercetin, one of these flavonoids, has for example being linked to improving blood sugar response and sensitivity to insulin in type 2 diabetes.



Method

- 1 Wash the potatoes and leave in the skins.
- 2 Boil the potatoes in salted water for 7 minutes.
- 3 Allow to cool and chill for a couple of hours or overnight.
- 4 Coarsely grate the potato, mix in the onions and garlic and if using, season with salt and pepper.
- 5 Heat half the fat in a small heavy based frying pan, add the potato mixture and allow to cook for a couple of minutes.
- 6 Shape into a flat cake, cook for a further couple of minutes then loosen by gently shaking. Continue to cook for 10 minutes.
- 7 Remove from the pan and place the rest of the fat in the pan and allow to heat before adding the uncooked side back down into the pan and allow to cook for 10 minutes.
- 8 To make the scrambled eggs, break the eggs into a jug or bowl and lightly whisk with a fork and season to taste. On the smallest ring of your oven top, place a large pan and melt half the spread making sure the pan base is covered with the fat.
- 9 On a medium low heat add the eggs and using a plastic or wooden spoon allow to cook slowly and gently.
- 10 When the eggs are nearly scrambled remove from the heat and add the rest of the spread and the heat from the pan will continue to cook the rest of the egg. Serve rosti topped with scrambled eggs.