BREAKFAST

CORONATION VEGETABLE HASH & POACHED EGGS

FLAVOUR STIMULATION, HIGH-PROTEIN, UTILISES LEFTOVERS

The curry element to this recipe is a brilliant means to stimulate the taste buds and kick-start the day. By using leftover potatoes it’s quick and easy, and you can throw in any other vegetables that you fancy. The eggs provide an excellent source of protein, iron and vitamin D, making for a well-rounded meal.

METHOD

1. Slice the cold roast potatoes into decent bite size chunks, and halve the cherry tomatoes.

2. Fry the potatoes in olive oil over a high heat for 2 minutes, then add the tomatoes and fry for a further 2 minutes. Add the spinach and coriander and cook for a further minute until it begins to wilt. Season with salt and pepper, turn down the heat, and keep warm.

3. Meanwhile, poach the eggs in boiling water mixed with a splash of vinegar. Cook to your liking.

4. Finally, mix the mayonnaise with the curry powder and season to taste.

5. To serve, spoon a quarter of the mixture into a dish, top with a poached egg, and generously drizzle with the curried mayonnaise.

INGREDIENTS

Serves 4
- 300g cold roast potatoes
- 100g cherry tomatoes
- 100g baby spinach
- 4 tbsp mayonnaise
- 1 tsp mild curry powder
- 1 handful chopped fresh coriander
- 4 eggs
- 1 tbsp white wine vinegar
- Olive oil

NUTRITION (Per 205g serving)

Energy: 1358 kj / 326 kcal
Fat: 22.2g
Saturated fat: 2.9g
Carbohydrate: 19.9g
of which Sugars: 1.7g
Fibre: 2.6g
Protein: 10.5g
Salt: 0.325g

The recipes from this initiative are not intended to replace medical advice from your medical team, or guidance related to your medication. If you are on medication, and have any specific questions or need advice on diet, please refer to your doctor and/or nutritionist.