

Recipe: Surprise Hashbrown

Side dish

The humble potato made delicious with added carrots and broccoli, seasoned with black pepper and paprika.

Preparation time: 30 minutes

Cooking time: 20 minutes

Serves: 15 children

Ingredients

- 1.2 kg Holland Potato, peeled & chopped
- 250 g carrot, shredded and squeezed dry
- 150 g broccoli, chopped and squeezed dry
- 2 eggs, beaten
- 1 teaspoon of table salt
- 1 teaspoon black pepper
- 1 teaspoon paprika powder
- 4 tablespoon of canola oil*

-Total make 30 small pieces (average each piece 50gram)

-Serve 2 pieces for a child



* Choose products with the Healthier Choice Symbol

Methods

1. Soak chopped potatoes in water to clear the cloudiness of dissolved excess starch. Drain and squeeze dry.
2. Mix all the ingredients together with the potatoes.
3. Place a non-stick pan with a thin layer of canola oil on low-medium heat and spread the potato mixture on the heated pan.
4. After 2 minutes, turn the spread over and lightly brown the other side.
5. Once done, cut into smaller pieces and serve.

Tips

- Holland potatoes are used as they do not go mushy when cooked. They are also cheaper and readily available.
- Make sure very little oil is used for pan frying under medium heat, until crispy, fragrant, fully dried and brownish in colour. This item will not turn out well and breaks easily under excessive oil and hot temperature.



Nutrition Information

Per serving: 100gram (2 pieces)

Energy 112 kcal

Protein 4.0 g

Total fat 4.8 g

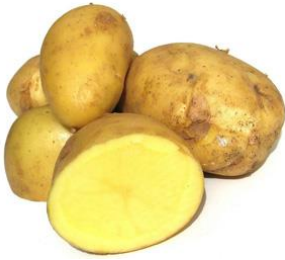
Saturated fat 0.7 g

Carbohydrates 12.0 g

Dietary fibre 2.3 g

Sodium 223 mg

Cost per serve \$ 0.60



Holland Potatoes



Russet Potatoes