

goodFOOD

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EXCLUSIVE RECIPE

Spiced hashed potatoes & eggs

SERVES 2 PREP 10 mins COOK 25-30 mins EASY V

We love the simplicity of this easy brunch for two. For a bigger veggie breakfast, serve alongside fried mushrooms, grilled tomatoes and beans. Or, without the eggs and a few cubes of frozen spinach warmed through, it would make an excellent side dish for a curry. Barney Desmazery

2 large potatoes, peeled and cut into small chunks

1/4 tsp turmeric

1/4 tsp ground cumin

1/4 tsp paprika

4 tbsp sunflower oil

thumb-size piece of ginger, finely grated

3 garlic cloves, crushed or finely grated

2 eggs

small bunch of coriander, finely chopped

1 Tip the potatoes into a pan of cold salted water. Bring to the boil, then lower the heat and simmer for 3-5 mins until just cooked through. Drain and leave to steam-dry. *Will keep chilled for a day.* Mix all the spices together in a bowl and set aside – cover if you're not using it straight away.

2 Heat most of the oil in a large frying pan and sprinkle in most of the spice mix along with the ginger and garlic. Sizzle everything for 2 mins until fragrant, then tip in the potatoes and toss until coated in the spices. Fry for 8-10 mins on a high heat, season with salt, and toss the pan occasionally until the potatoes begin to crisp on all sides.

3 Move the potatoes around to create two gaps for the eggs, then drizzle in the remaining oil and crack in the eggs. Fry for about 10 mins on a medium-high heat, covering the pan if it has a lid or with a plate until the whites are set but the yolks are still runny. Season the eggs with the rest of the spice mix and scatter over the coriander to serve.

GOOD TO KNOW vit c • gluten free

PER SERVING 423 kcals • fat 27g • saturates 4g • carbs 32g • sugars 2g • fibre 4g • protein 11g • salt 0.2g