



Cauliflower Hash Browns

Serves 2

Prep time: 5 minutes

Cooking time: 15 minutes

Per portion

Calories: 89

Fat: 3.9g

Saturates: 0.9g

Carbs: 6.3g

of which sugars: 4.3g

Fibre: 2.6g

Protein: 7.6g

Salt: 0.4g

Ingredients:

- 280g Cauliflower florets
- 2 spring onions, finely sliced
- 1 medium egg, beaten
- Freshly ground black pepper and a pinch of salt
- Rapeseed oil spray

Instructions:

Grate the cauliflower florets into a medium size bowl, add the beaten egg, sliced spring onions and the salt and black pepper. Mix together well.

Heat a medium sized frying pan. Add a couple of sprays of the rapeseed oil then using a spoon add $\frac{1}{4}$ of the mixture to the pan and shape into a rough circle, and repeat with the remaining mixture, making 4 hash browns in total.

Cook for 5-7 minutes until golden brown, spray the tops with another spray of the oil and gently flip over. Cook for another 5-6 minutes

Serve hot.