



Cavolo Nero Potato Cakes

Serves 4

Preparation time: 15 minutes

Cooking time: 8 minutes

- 800g floury potatoes, diced
- 1 tbsp oil
- 1 onion, chopped
- 50g Parmesan cheese, grated
- 150g cavolo nero, finely shredded
- 2 tbsp flour

Method:

Boil the potatoes for 10 minutes or until tender. Drain and return to the pan. Mash well and season.

Meanwhile, heat the oil in a frying pan and fry the onion for 3-4 minutes until golden. Stir into the mashed potato with the Parmesan. Allow to cool.

Steam the cavolo nero for 4 minutes and stir into the potato.

When just cold enough to handle, stir in the flour and mould into 8 rounds. Shallow fry in 2 batches for 1-2 minutes on each side or until golden and heated through.

Serve with grilled bacon and salsa.

Nutritional information:

- 270kcal
- 11g protein
- 7g fat (of which 3g saturated fat)
- 43g carbohydrate (of which 5g sugar)
- 0.3g salt
- 4g fibre