

**Bubble and Squeak**

**Season:** Winter

**Type:** Main/Accompaniment

**Difficulty:** Easy

**Serves:** 12 tastes

**Fresh from the garden:** cabbage, spring onion

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| **Equipment:**  Chopping board  Chef’s Knife  Peeler  Large Frying pan  Large saucepan  Potato masher  Wooden spoon  Egg slide | **Ingredients:**   * 1 tablespoon olive oil * 5 medium potatoes (750g) * 2 carrots (250g) * 1/8 cabbage (300g) * 1 onion * 2 spring onions * salt and pepper |

**What to do:**

1. Finely dice carrots.
2. Finely shred cabbage.
3. Finely chop onions.
4. Finely slice spring onions.
5. In a large frying pan heat 2 teaspoons of oil and sauté onions for 5 minutes until soft.
6. Add carrots and cabbage, continue to fry for 3-4 minutes until carrots are tender.
7. Add spring onions and fry for a minute.
8. Mash the potatoes and then stir the vegetable mixture into the mashed potato.
9. Season with salt and pepper.
10. Heat remaining 2 teaspoons of oil in large frying pan, add potato mixture, spread out like a pancake. Leave to cook for about 20 minutes or until base is brown.
11. Peel potatoes and leave whole.
12. Place potatoes into a large pot of cold water and bring to the boil. Cook for 20 minutes or until potatoes are tender. Drain potatoes and leave in saucepan for next class.
13. Transfer bubble and squeak to griller to brown top.
14. Slice into12 pieces, serve.