

Pea Shoot Bubble & Squeak

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Serves 4

Preparation and cooking time: 30 minutes

Ingredients:

- 4 Medium Potatoes
- 1 Onion
- 2 Carrots
- 2 Leeks
- 100g Pea Shoots
- 2 tbsp Butter
- 1 tbsp Olive Oil



Method:

Peel the potatoes then chop into small cubes. Place the potatoes in a pan of boiling water and cook for 15 minutes or until soft enough to mash. The smaller the potatoes are cut, the quicker they will cook. If you have left over carrots and leeks from a previous meal, they would be perfect in this recipe. Alternatively, peel and chop the carrots and leeks into small cubes and blanch them for 10 minutes while the potato is cooking. Finely chop the onion and fry in 1 tsp each of butter and olive oil.

Once the potato is cooked, mash it until smooth, add the onion, cooked carrot and leek. Chop the pea shoots finely then add to the mash. Mix thoroughly then allow to cool for 5 minutes. This can be served as an alternative to plain potato mash, or fried to make bubble and squeak.

Heat the remaining oil and butter in a frying pan. Take handfuls of the mashed potato mix and make into patties then fry for 2 minutes on each side until golden brown. Delicious served with cold meat, slices of ham or grilled sausages.