

Save Our Stomachs

BUBBLE AND SQUEAK LAMB BRUNCH



These patties made with lamb mince make an economical main meal or light snack. Beef mince works just as well too.

This recipe serves 6 people and takes 10 minutes to prepare and 40-45 minutes to cook

Cooking equipment you will need:

a large saucepan
a non-stick frying pan
a chopping board
a sharp knife
a wooden spoon
a large bowl
a sieve or colander
a potato masher
a plastic fish slice or spatula

Ingredients you will need:

1kg potatoes
450g green cabbage
225g Quality Standard lean minced lamb
2tbsp tomato ketchup
Dash Worcestershire sauce
Salt and pepper
1beaten egg
25g plain flour
1tbsp oil

To prepare your ingredients:

- Peel and cut the potatoes into medium-sized chunks
- Finely shred or chop the green cabbage

To cook the recipe:

- Boil the potatoes in a large saucepan for 10 minutes. Add the cabbage and cook for a further 10 minutes with the potatoes
- Heat the frying pan until hot and dry fry the mince until brown. Add the tomato ketchup and Worcestershire sauce. Stir gently.
- Drain the potatoes and cabbage thoroughly and mash with the potato masher. Add the cooked mince, season with salt and pepper and add the beaten egg and plain flour. Mix thoroughly
- Using floured hands divide the mixture into 8 and shape into small patties
- Heat the oil in the frying pan and cook the patties in batches over a medium heat for 3-4 minutes on each side.
- Serve with a fried or poached egg on top, seasonal vegetables or baked beans.