

Colcannon & Poached Eggs

Ingredients



- 400g potatoes, unpeeled and diced
 - 1 swede, diced
 - 1 tbsp oil
 - 1 onion, finely sliced
 - ½ cabbage, finely sliced
 - 1 egg yolk
 - 50g cheese, grated
- Salt and pepper, to season
- Poached eggs, to serve

Method

1. Preheat the oven to 200°C or gas mark 6.
2. Add the potato and swede to a large saucepan of water. Bring to a boil then simmer until they are soft, about 15 minutes.
3. Meanwhile, heat the oil in a large pan over a low heat and fry the onion and cabbage for about 5 minutes until softened.
4. Drain the potato and swede and roughly mash them before adding the cabbage and onion.
5. Stir in the egg yolk and season with salt and pepper.
6. Transfer the mixture to an ovenproof dish and sprinkle over the cheese.
7. Bake for 20 minutes, then serve with poached eggs.

If you are not sure how to poach an egg then this is my easiest way to do it!

1. Boil the kettle.
2. Pour boiling water into a cereal bowl.
3. Crack the eggs into the water.
4. Place the bowl in the microwave, cover with a piece of kitchen towel and cook in 30 second bursts until you get the yolk you want.
5. My 4 eggs had lovely runny yolks and took about 2 minutes but that will depend on how powerful your microwave is.