

Potato Rosti Asparagus and Poached Egg

Serves: 1

Prep time: 10 Minutes

Cooking time: 10 Minutes

Ingredients:

- ¾ cup grated sweet potato
- ½ tablespoon of oil
- 1 egg
- 1 teaspoon grated ginger
- ½ cup baby spinach
- 1-2 tablespoons of caramelised onion ***optional**
- 1 egg extra
- 3 asparagus spears



This healthy hearty breakfast-brunch is quite filling, a great way to start the day

Method:

- Mix the ginger, potato and egg in a bowl, form the mixture into one large patty
- Heat a medium fry pan with oil, over medium-high heat and add the patty
- Press the patty down flat and cook on both sides for 2-3 minutes or until cooked and golden
- Remove from pan and keep warm
- Add the *caramelised onion if desired, to pan and heat through, then spread the onions over the rosti
- **Meanwhile poach your egg** ([click here](#) for recipe)
- Rinse spinach and asparagus and microwave for 2 minutes
- Place the spinach and the egg on top of the onions and potato rosti, arrange the asparagus onto the plate and serve immediately

Note: I used stored bought caramelised onions, available in a jar at the supermarket