

Hash Browns



Serves	6
Prep time	20 minutes
Cook time	10 minutes
Total time	30 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	Dairy / Lactose Free , Gluten Free , RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Lunch , Lunch Box , Savoury Snack , Side Dish
Misc	Child Friendly , Freezable , Pre-preparable , Serve Cold , Serve Hot

Ingredients

- 8 Small potatoes, approx 1kg (peeled and grated)
- 4 tablespoons flour (any kind - regular, spelt or gluten-free)
- 1 teaspoon salt
- 2 eggs (lightly beaten)
- Rice bran oil (for frying)

To serve

- Pear sauce or chutney

Directions

1. Mix all the ingredients in a large bowl until well combined. Divide into 6 portions and shape into a rough patty.
2. Add enough oil to the frying pan to cover the bottom by 1 - 2 ml. Heat the oil.
3. Add the hash browns to the frying pan and cook for 4 - 5 minutes on each side until golden brown.
4. Drain briefly on paper towel and serve with pear sauce or chutney.

Note

Low Chemical / FAILSAFE

You can replace some of the potato with other grated vegetables to add some hidden nutrition, e.g. swede, celery, leek. Just be careful not to add too much and change the flavour (exposing your secret!).