

# Turkey & Veg Fritters & Poached Egg



Preparation time: 25 mins

Serves: 4 people

User Rating: ★★★★★

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## Ingredients

- 150g leftover roast pumpkin
- 200g leftover roast potato
- 100g leftover roast carrot
- 180g leftover shredded roast turkey
- 60g (1/2 cup) grated cheddar
- 1 teaspoon Dijon mustard
- 1/4 cup flat-leaf parsley, finely chopped, plus extra leaves, to serve
- 1 egg, beaten

- Salt and pepper
- 120g baby spinach leaves
- 1/4 cup flour, for dusting
- Oil, to shallow fry
- 4 poached eggs, extra
- Smoked paprika, to serve
- 250g cherry tomato medley, halved
- Baby herbs, to serve

Method

1. Combine the pumpkin, potato and carrot in a large bowl and mash together. Add the turkey, cheddar, mustard, parsley, egg, salt and pepper. Mix to combine.
2. Place spinach in a colander and pour over boiling water to wilt. Squeeze out excess water and mix with the vegetables.
3. Shape the veggie mixture into 4 patties about 10cm in diameter. Lightly toss in flour, shaking off excess.
4. Heat oil in a small non-stick frying pan over medium- high heat. Cook in batches for 3 minutes each side or until golden.
5. Place fritters on serving plates with the tomato and baby herbs. Top each with a poached egg and sprinkle with paprika and cracked black pepper.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
348g	1600kJ 382kcal	30.4g	17.7g	5.7g	21.6g	6.5g	422mg	5.9g

All nutrition values are per serve.