Patatas Bravas and Buckwheat Cheddar Waffle Breakfast Board



Preparation time: 35 mins

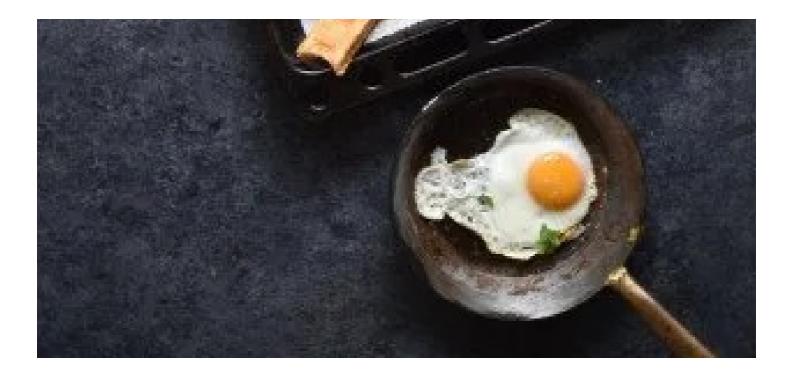
Serves: 4 people

User Rating: ★★★☆☆

Publication: 19 December 2017

Categories: Breakfast Recipes, Vegetarian





Ingredients

Patatas bravas

4 large potatoes (roughly 1kg) cubed

- 2 tablespoons olive oil
- 1 teaspoon smoked paprika
- 1 teaspoon cumin
- 1 teaspoon oregano

Generous sea salt flakes

Sauce

- 2 large tomatoes, chopped
- 2 teaspoons olive oil
- 1 teaspoon cumin
- 2 teaspoons smoked paprika,

Harissa or chilli paste, to taste

Salt and pepper, to taste

Waffles

3/4 cup buckwheat flour

1/4 cup tapioca flour

3/4 cup almond milk

50g cheddar

2 eggs

1 teaspoon baking powder

2 teaspoons apple cider vinegar

Salt and pepper

1 teaspoon smoked paprika

4 eggs, to serve

Method

- 1. In a large pot, par boil the cubed potatoes for about 7 minutes, or until a knife can easily slide through. Drain well, and place onto a lined baking tray, along with the olive oil, spices and salt. Use a brush to ensure they are equally coated with the oil and spices, and place into the oven for around 20-30 minutes, or until super crispy and coloured.
- 2. In a medium saucepan, heat the olive oil, and add the spices for the tomato sauce. Add the chopped tomatoes, and a bit of water if need be, and cook down until super soft. Place into your food processor, and continue to process until you have a smooth tomato sauce.
- 3. In a large bowl, combine all the ingredients for the waffles, and whisk thoroughly. Heat your waffle maker as per the instructions, ensuring you have given the irons a light spray of olive oil before using. Pour the batter in, and cook the waffles until they are brown and crispy.
- 4. Remove the potatoes from the oven, and lay on a serving tray, dotted with the tomato sauce. Chop your waffles into strips if you intend to, and lay them atop the potatoes.

5. In a nonstick saucepan with a bit of oil, fry 4 eggs to your liking, and place them on the breakfast board. Top with some chopped coriander, seasoning, a squeeze of fresh lime juice, and some avocado, if you fancy.

Nutritional Information

Serving size Energy 2170kJ Protein Total fat Saturated fat Carbs (total) Carbs (sugar) Sodium Fibre 481mg **508g 22.3g 26.9g 6.7g 43g 7.9g 7.9g 519**kcal

All nutrition values are per serve.