

# Patatas Bravas and Buckwheat Cheddar Waffle Breakfast Board



Preparation time: 35 mins

Serves: 4 people

User Rating: ★★☆☆☆

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## 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

$\frac{3}{4}$  cup buckwheat flour  
 $\frac{1}{4}$  cup tapioca flour  
 $\frac{3}{4}$  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	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
508g	2170kj 519kcal	22.3g	26.9g	6.7g	43g	7.9g	481mg	7.9g

All nutrition values are per serve.