

Poached Egg on Potato Rosti with Smoked Salmon and Avocado



Preparation time: 40 mins

Serves: 4 people

User Rating: ★★★★★

Publication: 19 December 2017

Categories: Breakfast Recipes

Step away from the store-bought hashbrown and whip up a home-made potato rosti for your next brekkie and top it with smoked salmon, avo and a poached egg. Impress your friends with this easy Poached Egg On Potato Rosti With Smoked Salmon and Avocado recipe that is sure to keep everyone happy!



Ingredients

- 2 large potatoes, peeled and grated (600g)
- 1 small brown onion, grated
- 1 tbsp plain flour
- ½ cup light olive oil

- 4 poached eggs
- 1 large avocado, sliced
- 200g smoked salmon
- Hollandaise sauce, store bought
- Chervil sprigs or parsley leaves, to serve

Method

1. Preheat oven to 160C. Place grated potato into a fine sieve and rinse under cold water until water runs clear. Using your hands squeeze as much liquid as possible from potatoes. Place into a clean tea towel and squeeze liquid from potatoes. (The drier the potatoes the crispier the hash browns). Combine potatoes, onion, flour, salt and pepper in a bowl.
2. Heat oil in a frying pan over a medium heat. Form 1/4 cups of potato mixture into patties and cook in batches for 3 minutes each side or until golden and crisp. Transfer to a tray. Repeat with remaining potato mixture. Place tray in oven to keep hash browns warm.
3. Place 2 potato rosti onto each serving plate. Top with avocado, salmon, poached egg and sauce. Sprinkle with herbs and serve.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
325g	2660kJ 636kcal	22.6g	50.4g	8.8g	22.5g	1.5g	920mg	3.4g
Vitamin D								
6.2µg								

All nutrition values are per serve.