



Cheesy bubble and squeak cakes



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Ingredients

300g cooked potatoes, with or without skins.

100g left-over vegetables, e.g. carrot and broccoli

1 medium egg

100g grated cheese

(makes about 6 cakes)

Any or all of these ingredients could be left-overs or could be prepared and cooked especially for this dish.

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Equipment

- Mixing bowl
- Flour dredger
- Chopping board
- Palette knife
- Wooden spoon
- Vegetable knife
- Fork
- Potato masher
- Small bowls for fillings
- Baking tray
- Pan stand
- Oven gloves



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Prepare the vegetables



1. Pre-heat the oven to 200°C or gas mark 6. Line the baking tray with baking parchment or greaseproof paper.
2. In a mixing bowl mash the potatoes.
3. On a plate dice the carrot and the broccoli finely.



Add the egg and mix



4. Put the vegetables and the cheese in a mixing bowl.



5. Beat the egg and add it to the vegetable mixture.



Shape the cakes



6. Put the mixture onto a floured board and shape into a thick sausage.



7. Use a table knife to divide the mixture into 6 even sized pieces.



8. Shape each piece into a round flat cake using a palette knife and the palm of your hand. Look at the photograph to see this being done.



Bake and serve



9. Put the cakes onto a lined baking sheet (then there is no washing up).



10. Bake in the pre-heated oven for 15–20 minutes until the cheese is melted and the cakes are beginning to brown.

11. Use oven gloves to remove the tray from the oven.



12. Serve with a meal as an accompaniment.