



FRIED EGGS ON COURGETTES RÖSTIS

TASTY WASTENOTS BY SALLY-ANN
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Ingredients

6 courgettes 45 ml (3 Tbsp)
almond flour 5 ml (1 tsp)
chopped fresh thyme leaves
2 extra-large eggs
Salt and pepper
Extra virgin olive oil for frying, about 30 ml (2 Tbsp)
4 extra-large eggs, or 8 small ones

Method

Sometimes it's the simple things in life that are so rewarding, like this easy breakfast dish.

Start with the courgette röstis. Grate the courgettes into a bowl, add the almond flour, fresh thyme and eggs, season generously and combine well with your hands. Take a handful of the mixture and shape it into 8 small balls, then pop them into a frying pan with some extra virgin olive oil.

Press down gently to form patties and fry for a few minutes on each side until brown and crispy. Place onto kitchen towel to drain excess oil while you fry the eggs. Place the fried eggs on top of the röstis and serve.

