

Poached Eggs & Salmon in Potato Rosti Baskets



Makes 4

Prep Time 20mins (+10 minutes cooling time)

Cooking 50mins

550g brushed Golden Delight potatoes, peeled, halved

125ml (1/2 Cup) water

2 tsp olive oil

Salt and Pepper

Vegetable oil, to shallow fry

1tbsp capers, rinsed and drained

1tbs white vinegar

4 free range eggs

60g of rocket leaves

300g of smoked salmon

Basil pesto

1. Place the potato and water in microwave safe bowl. Cover with 2 layers of plastic wrap. Cook in microwave on high for 6 minutes or until the potato softens slightly. Drain. Set aside for 10mins to cool.
2. Preheat the oven to 200 degrees C. Spray 4 250ml (1 cup) muffin pans with oil. Coarsely grate the potato. (I use the large grater attachment attach in my food processor) It takes about 30 seconds to grate the potatoes using the food processor.
3. Add the oil and potatoes to a large bowl; season with salt and pepper and mix through with your hands until potato evenly coated. Press the potato into the muffin tins with a good base and push up the sides to form a basket.
4. Bake for 35-40mins or until brown and a little crisp.
5. Add vegetable oil to a small frying pan. Heat over medium –high heat. Pat the capers dry and add to the hot oil. Stir for about 1 min until golden and crisp. Transfer to a plate lined with paper towel.
6. Bring a large saucepan of water to the boil and add the vinegar. Crack the eggs into separate cups. Carefully slide the eggs into the water. Cook for 3 minutes or until the whites are opaque and just firm. Use a slotted spoon to transfer the eggs to a plate lined with paper towel.
7. Divide the potato baskets among the plates. Top with rocket, smoked salmon and eggs. Sprinkle with the fried capers and then drizzle the plate with Basil pesto.