Potato, Pea and Mint Breakfast Cakes

4 potato cakes · Active 25 min · Total 50 min

Skills: Intermediate

Ingredients

• 2 medium potatoes, peeled and cut into small cubes (400 g)

• 1/2 cup frozen peas (75 g)

• 1 large egg, beaten

• 3 tablespoons all-purpose flour (25 g), plus 1 tablespoon for shaping

• 1 tablespoon finely chopped mint

• 1/4 teaspoon fine salt

• 1/8 teaspoon ground black pepper

• 1 tablespoon neutral oil (15 ml)

• 1/4 cup plain yogurt (60 g)

• 1 teaspoon lemon juice (5 ml)

Set out

Saucepan, Potato masher, Mixing bowl, 10-inch nonstick skillet, Wide spatula, Food thermometer

Allergens

Egg, Wheat, Milk. Check labels and substitutions.

Make it

1. Boil potatoes in water for 10–12 minutes until tender. Add peas for the last 2 minutes. Drain very well.

2. Return potatoes and peas to the empty pot over low heat for 1 minute, shaking gently, then mash roughly. Spread in the bowl and cool for about 10 minutes until no longer very hot.

3. Fold in beaten egg, 3 tablespoons flour, mint, salt and black pepper. With lightly floured hands, shape four cakes about 3 inches across and 1/2 inch thick.

4. Heat oil in the skillet over medium heat. Cook cakes for 4–5 minutes per side, until golden and the centers are set and reach 160°F/71°C.

5. Mix yogurt and lemon juice and serve beside the cakes.

A practical use for planned potato

If boiling potatoes for another meal, set aside an unseasoned portion before adding milk or butter. Chill it promptly and label it. Starting with that known plain potato removes one cooking stage without guessing what is already in a leftover mash.

A useful detail

If using refrigerated leftover potato, use plain cooked potato rather than a very wet, buttery mash and stay within its original storage period.

Keep it well

Refrigerate cakes and yogurt separately within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below for up to 3 days. Reheat cakes to 165°F/74°C in a covered skillet, then uncover briefly to crisp.