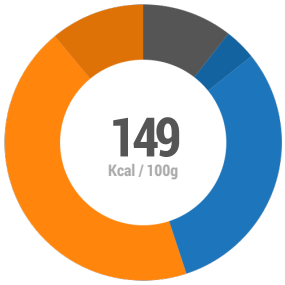
Bubble & Squeak with Bacon

Bubble & Squeak served with Bacon

By Mark Irish

Overview ...





CALORIES:

34.4% Carbs

10.5% Protein

55% Fat

Food Labelling...

Serves **12**

CONTAINS:

WHEAT MILK

Recipe Ingredients ...	Quantity:	Description:
71128 Salted Butter -	40g	
350091 Plain Flour -	100g	
70071 Prime Meats Rindless Back Bacon -	300g	
134293 Cracked Black Pepper -	2g	
100259 Extended Life Rapeseed Oil -	150g	
450066 Maris Piper Potatoes -	1.2kg	
10467 Savoy Cabbage -	500g	
10469 Cooking Onions -	100g	
113881 Herb Bunched Flat Leaf Parsley -	30g	
120237 Maldon Smoked Sea Salt -	4g	

Products / Pack Sizes ...

1 Serving



Product code

Barcode

202g / 307kcal

1

Cooking Instructions & Notes

Preparation:

Peel & dice the potatoes
Finely shred the cabbage
Peel & slice the onions
Wash & chop the parsley

Method:

1. Pre-heat the oven to 170°C
2. Boil the peeled potatoes until tender and drain, then return the potatoes to the stove to dry out slightly.
3. Add the butter and mash, checking the seasoning at the same time.
4. Cook the shredded cabbage in boiling water, drain and refresh immediately.
5. Fry the onions until well cooked, but not burnt.
6. Combine the potato, cabbage, parsley & onions, and make 12 bubble & squeak cakes around 90g each.
7. Refrigerate until required.
8. Fry, grill or oven cook 12 slices of bacon until crisp.
9. Lightly flour the bubble & squeak cakes, then pan fry in oil until starting to brown.
10. Place the cooked cakes on a lined baking tray and finish in the oven for 8-10 mins.
11. Check core temp has been achieved, then plate with the bacon and serve.

NB. Add other breakfast items like grilled tomatoes, sausage, mushrooms & fried eggs for the complete cooked breakfast!