

Lapland Leftovers

A festive tweak to bubble and squeak

Duration: 20 minutes, serves 1

Ingredients:

- ❖ 200g leftover cooked potato (roasted or mashed)
- ❖ 20g half fat mature cheddar cheese, grated
- ❖ 80g leftover cooked veggies (broccoli, brussels sprouts, carrots)
- ❖ 80g leftover cooked meat (chicken, turkey, fish)
- ❖ Handful of mushrooms
- ❖ Olive oil spray
- ❖ ½ tsp dried rosemary
- ❖ ½ tsp dried sage
- ❖ Pinch of black pepper
- ❖ 1 tsp cranberry sauce
- ❖ 1 tsp toasted flaked almonds



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Method:

1. For the potato; if using roasted, slice the potatoes into 1cm thick discs, and if using mashed, shape into 1cm thick flattened discs with an approx. 10cm diameter.
2. Heat a frying pan with a few spritzes of oil spray, then add potato discs and lightly fry on a low-medium heat. Top with a sprinkling of cheese.
3. Whilst the potatoes are cooking, heat a separate frying pan with a few spritzes of oil spray. Shred the cooked meat by hand and add to the frying pan over a medium heat.
4. Slice the mushrooms and add these along with the veggies to your meat pan.
5. In the potato pan, flip your potato discs to lightly fry the cheese side, resulting in a crispy brown appearance.
6. In the meat and veggies pan, stir in the herbs and pepper, and regularly stir until all ingredients have a toasted brown appearance.
7. Serve your potato cheese discs with the meat and veggies, top with the cranberry sauce and almonds, and season with black pepper to taste.

Nutrition information*:

	Per portion	Per 100g
Energy (kcal)	536	103
Fat (g)	17.4	3.3
of which saturates (g)	4.4	0.8
Carbohydrate (g)	55.3	10.6
of which sugars (g)	16.9	3.2
Fibre (g)	8.3	1.6
Protein (g)	43.6	8.3
Salt (g)	0.75	0.14

*Approximate, based on using turkey