

Garden Hash Browns

Ingredients:

500g zucchini grated

500g potato grated

200g carrot grated

2 garlic cloves, finely chopped

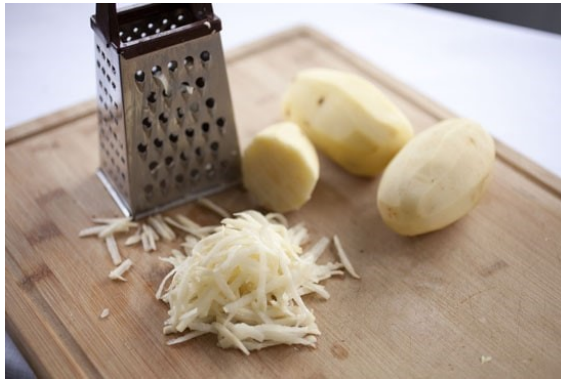
4 small spring onions finely sliced and chopped

50g butter melted

1Tbs flour

1 tsp salt

Sunflower oil for frying



What to do:

1. Place zucchini and garlic in a colander, add salt and mix well. Stand for 15 minutes so the salt can draw out excess liquid
2. After 15 minutes squeeze out as much moisture from the zucchini as possible
3. Squeeze out as much moisture from the potato and carrot too
4. In a bowl, combine zucchini, potato, carrot, flour, melted butter salt and pepper. Mix together
5. Heat oil in a large frying pan over medium heat
6. Using a dessert/soup spoon, add spoonful's of mixture to the pan and flatten slightly
7. Cook hash browns until golden, crisp and cooked through