**Bubble and Squeak**

**Ingredients from OUR garden:**

Potatoes – 6 small or 4 medium or 3 large

Cabbage – 1/4

**Other ingredients:**

Salt and pepper

1 onion

2 TBS olive oil

**Equipment needed:**

Chopping board

Knives

Peeler

Large Saucepan

Colander

Bowl – medium

Wooden spoon

Tea towel

Measuring spoon TBS

Frying pan

Egg lifter

Serving plate

**Method:**

1. Peel the potatoes.
3. Meanwhile, peel onion and slice in half and then slice thinly.
4. Drain the potatoes through the colander in the sink. Put into the bowl.
5. Rinse out the saucepan, fill it with water and add a pinch of salt, bring to the boil.
6. Cut the thick stem away from the cabbage (for compost). Cut cabbage into slices.
7. Carefully drop cabbage into the boiling water. Stir with wooden spoon and wait until it comes back to the boil.
8. Drain this in the sink through the colander. Rinse cabbage to cool it. Tip the cabbage into the tea towel and squeeze over the sink.
9. Put 1 TBS of oil into the frying pan and heat over a medium heat. Add the sliced onion and fry, stirring frequently with the wooden spoon until the onion is golden brown.
10. Shake the cabbage from the tea towel into the pan and stir to combine.
11. Add potato and mix together. Sprinkle with salt and pepper. Turn on low.
12. Fry for 15 minutes. Stir every now and then with egg flipper.
13. Once golden, press down veges to get a crust at the bottom.
14. Carefully top the vegetables onto the plate.

Focus keeper: ____________________________  Quiet Captain: ____________________________

Materials Monitor: ____________________________