

Corned beef hash

(serves 3-4 people)

This is a really easy evening meal, using all those ingredients that you have in the cupboard. Serve with greens such as broccoli, green beans and peas.

Ingredients

* ½ tin corned beef\*, chopped (170g)
* 3 large potatoes, peeled and cut into small pieces
* 1 large onion, diced
* 1 tbsp cooking oil or a few squirts of spray oil
* 25g margarine (lower fat)\*
* 1 tbsp semi skimmed milk\*
* 50g grated cheese\*
* Optional 2-3 eggs\*

Method

1. Heat the oil in a pan and add the chopped onion. Cook until softened.
2. Cook the potatoes until tender in boiling water.
3. When cooked, mash the potatoes with the milk and margarine.
4. Mix the corned beef and onions into the mashed potatoes.
5. Place the mix in an oven dish. Optional – if using the eggs, make little wells in the mash and crack an egg into each well. Sprinkle with cheese and bake for around 20-30 minutes until bubbling and cooked through.

\*Contains or is one of the 14 common allergens