Spinach and Potato Cakes

Ingredients

350g potato

100g baby spinach leaves

½ an onion

1 egg

2 tablespoons flour

1 teaspoon baking powder

salt and pepper to taste

5 tablespoons oil

Extra flour for preparation

Utensils

Saucepan

Peeler

Chopping board

Peeler

Sharp knife

Masher

2 bowls

Scissors

Small cup

Fork

Wooden spoon

Frying pan

2 fish slices

Kitchen roll

Method

Peel and dice the potatoes. Boil until soft and then mash. Put into a bowl.

Put the spinach leaves into a bowl and snip with scissors.

Peel and then slice the onion lengthways together NOT all the way to the end so that it stays together. Then slice it width ways so it is diced. Add to the mash.

Crack the egg into the cup and beat with the fork. Add it to the mash.

Add the flour, baking powder, salt and pepper to the spinach leaves and stir. When the leaves are covered, add to the mash and mix all together. If the mixture is really wet add some more flour.

Cover your hands with flour. Take a small amount of mixture, roll it into a ball then gently pat, remembering to flour the balls so they don't stick. Do not pat them on the work surface.

Put the oil in the pan and heat. Using the two fish slice pick up the mixture and gently slide it into the oil. Cook in batches, turning when lightly golden, remembering to turn in the order you put them in the pan.

When lightly golden remove and place on kitchen roll.

Remember you can add anything you like: sweetcorn, peppers mushrooms.