

Golden Turkey and Kale Colcannon with Fried Eggs

1kg potatoes (Maris Piper or King Edward), peeled, washed and cut into rough chunks

Sea salt and black pepper

1tbsp olive oil

250g leeks, trimmed and finely sliced

150ml hot semi-skimmed milk

50g butter

300g leftover golden turkey, shredded

150g cooked kale with the water squeezed out, chopped

4 large fried eggs, to serve

Method:

1. Put a deep pan of salted water on to boil. Add the potatoes and cook until tender.
2. While the potatoes are cooking, heat the oil in a frying pan, add the leeks and gently fry until softened.
3. Drain the potatoes and then with either a potato masher or a wooden spoon, beat until fluffy. Pour in the hot milk and the butter, and beat again.
4. Add the golden turkey, kale and the cooked leeks to the mashed potato, season with sea salt and black pepper, and serve with the fried eggs.



Serves 4

Per serving (based on serves 6)

586kcal

28.3g fat

10.7g saturates

45.7g carbs

5.5g sugars

7.5g fibre

40.3g protein

1g salt