



potato and pepper breakfast saute

Since breakfast is the most important meal of the day, why not pack it with super foods? My Potato and Pepper Breakfast Saute will keep you on your A-game!

Ingredients

5 potatoes, unpeeled, washed and sliced

1/2 a teaspoon of black pepper

1 tablespoon of ground coriander

1 large red onion, finely diced

1 sprig of fresh rosemary

4 cloves of garlic, minced

2 cloves of garlic, roughly chopped

1 green bell pepper, finely diced

Avocado and tomatoes as accompaniments (optional)

Salt to taste

Method

Thoroughly wash your potatoes. Slice them in half lengthwise then cut the halves into inch-thick pieces.

Put these to boil together with fresh rosemary and the roughly chopped garlic. Poke with a fork and when they are just done, turn of the heat and drain away excess water if any. Set aside.

In a separate sufuria, heat some oil and put the red onion, hoho, minced garlic and the spices. Let these simmer until the onions have softened. Be careful not to burn the garlic.

Add the potatoes and toss them with the veggies. Let these stay on the heat for an additional 2-4 minutes then serve.



SERVE WITH: On its own but accompanies with avocado/baked beans/yoghurt

This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/potato-and-pepper-breakfast-saute/>