

# Mashed Potato Cakes with Onions and Kale



Rate

## Ingredients:

- 6 cups water
- 1 bunch kale, trimmed (about 4 ounces)
- 2 2/3 cups cubed potato (about 600 gm)
- 3/4 teaspoon salt, divided
- 1 tablespoon olive oil
- 1 tablespoon butter or margarine
- 3 cups diced onion
- 2 tablespoons chopped fresh sage (or parsley)
- 1/4 cup sliced spring onions or garlic chives
- 1/4 teaspoon freshly ground black pepper
- Cooking spray

## Method:

Preheat oven to 180°.

Bring water to a boil. Add kale. Cover and cook over medium heat 2 minutes or until tender. Remove kale with a slotted spoon, Chop kale and set aside.

Cook potato in same pot and same water. Reduce heat, and simmer 10 minutes or until tender. Drain; partially mash potatoes. Stir in kale and 1/4 teaspoon salt.

Heat oil and butter in a large nonstick frypan over medium-high heat. Add 1/2 teaspoon salt, diced onion, and chopped sage/parsley. Cook until browned. Combine potato mixture, onion mixture, green onions, and pepper. Remove from heat; cool slightly. Divide potato mixture into 8 equal portions, shaping each into a 1/2-inch-thick patty. Place patties on a baking sheet coated with cooking spray. Bake at 180° for 20 minutes.