



3059-JK Hopyard Road . Pleasanton, CA 94588
(925) 600-7267 . www.pansonfire.com

I know, I know. Just last week, I gave you a dinner-for-breakfast recipe, but this veggie rich entrée is perfect for Mother's Day or anytime you want a special brunch. – Chef Linda

Potato, Carrot & Zucchini Egg Nests (V, GF option)

Serves 4

1 medium zucchini, shredded (about 1 ¼ c) & drained for 15 minutes
1 ½ lbs Russet potatoes, peeled and shredded (about 4 c)
1 large carrot, shredded (about 1 cup)
¼ c all-purpose flour (or GF flour substitute)
5 eggs
2 tsp chopped fresh thyme (or ½ tsp dried thyme)
¾ tsp onion powder
½ tsp kosher salt
¼ tsp black pepper
1 Tbsp rice bran oil, or other vegetable oil

1. Preheat oven to 425°F. Line one large or two small baking sheets with a silpat mat or parchment paper and set aside.
2. Squeeze as much moisture out of the shredded zucchini as possible then combine with potatoes, carrot, flour, 1 egg, thyme, onion powder, salt and pepper.
3. Heat a large non-stick skillet over medium (to medium high) heat. Add half of the oil to the pan and brush the bottom of the pan to coat. Roughly divide the potato mixture into fourths. Mound two portions in the skillet and use a spatula to press down and form into rounded “pancakes” about 6” in diameter.
4. Cook the two pancakes until golden brown, about 5 minutes per side. Transfer to the prepared baking sheet(s) and repeat with the remaining oil and potato mixture.
5. Gently press the back of a large spoon into the top of each cooked pancake, making about a 3” diameter depression (deep enough to hold an egg). Break an egg into each of the 4 “nests” and season to taste.
6. Transfer the baking sheet(s) to the oven. Bake, uncovered, for 10 to 12 minutes, or until eggs are cooked through to your liking.

Serving Suggestion: Serve with spring greens dressed with a white wine vinaigrette (1 Tbsp white wine vinegar, 1 tsp Dijon mustard, 3 Tbsp olive oil, a pinch of fresh or dried thyme, and salt and pepper to taste).

Shopping List: zucchini, Russet potatoes, eggs, fresh thyme, spring greens (3 to 4 cups)

Equipment Needed: baking half sheet (or 2 quarter sheets), silpat mat(s), grater or julienne mandoline, colander or strainer (for zucchini), large non-stick skillet, spatula, basting brush, cutting board and chef's knife, mixing bowl, large nylon or wooden spoon, measuring spoons

Pantry Staples: rice bran oil (or other veggie oil), flour (or GF flour), carrot, white wine vinegar, olive oil, Dijon mustard, salt and pepper