



# Low FODMAP Potato Latkes

Serves: 4

Prep: 15 minutes

Cook: 20 minutes



Stack Cup

Ingredients	Metric	Imperial
Starchy potatoes	700 g	24.7 oz
2 small eggs	117 g	4.1 oz
¾ cup green spring onion tips, finely chopped)	30 g	1 oz
1 tbsp gluten-free all-purpose flour	20 g	0.7 oz
1 tsp salt	5 g	0.2 oz
½ tsp freshly ground black pepper	1 g	0.04 oz
2 tbsp oil, for frying	36 g	1.3 oz

## Method

1. Finely chop the green spring onion tips. Place to one side.
2. Peel, wash and grate the potatoes. If you have a food processor you can use the finely shred blade to speed up this process. Once shredded, take a handful of potato and give it a couple of good squeezes to remove excess water. Place in a large bowl. Repeat until all the potato has been squeezed.
3. Beat the eggs in a small bowl.
4. Place the eggs, green spring onion tips, gluten-free all purpose flour, salt, and black pepper in the large bowl. Mix through the potato. (Do not prepare the potato in advance as this will cause it to go brown and soggy!)
5. Place a large non-stick frypan on to heat over medium-high heat, add ½ Tbsp of cooking oil.
6. Once hot, begin frying the pancakes immediately. Place a couple of tablespoons of mixture into your hands, shape into a flat pancake and place in the frypan, then flatten again with a spatula. If the mixture is too wet, squeeze out the excess liquid as you form the patties. Fry for 3 to 4 minutes per side until golden brown. I normally cook mine in two batches.
7. Serve the potato pancakes hot or at room temperature with your preferred side dishes.

Nutrition Information (per serve)	
<b>Energy</b>	1226 Kj / 293 cal
<b>Protein</b>	7.00g
<b>Carbohydrates</b>	39.80g
<b>Sugar</b>	2.80g
<b>Total Fat</b>	12.20g
<b>Saturated Fat</b>	2.90g
<b>Fibre</b>	3.90g