

Hash Browns

Ingredients per 1 Hash Brown

30g turnip, peeled and finely grated

1 teaspoon onion, peeled and finely grated

30g Juvela Low Protein Mix

Salt and pepper

15g butter or margarine



Method

1. Rinse the turnip with cold water and drain. Mix together with the onion, low protein mix and season to taste.
2. Melt the butter or margarine in a frying pan and add mixture spreading to approx. 7 ½cm (3") diameter.
3. Cook on a medium heat for approx. 4 minutes on each side until golden brown.

This recipe was provided by Juvela



National Centre for Inherited Metabolic Disorders

