

*Exclusive Recipe*



**ANVIL**



## **Savoury Mash Cups**

**By Tulio Retyk**

### **Ingredients**

- 5 big potatoes
- 8 eggs
- 120gr flour
- Salt, nutmeg and white pepper
- 1 packet of baby spinach
- 100gr of Danish Feta cheese

### **Method**

- 1 Peel the potatoes and cut into small pieces, boil until soft then mash them with the eggs, salt, nutmeg, white pepper, flour. Make sure to mix it well.
- 2 Cook the spinach in a frying pan over medium heat
- 3 Once the spinach is cooled press out all the liquid from the leaves. Then grate feta cheese in and mix until the spinach and cheese is combined
- 4 Butter a muffin pan to ensure the cups will not stick. Add a spoon full of mash into each tray, make a cavity where you will eventually add the filling.
- 5 Bake in the oven for 15min at 185°C
- 6 Scoop in the spinach and feta filling, leaving space to add an egg to the top of each
- 7 Place the tray back into the oven and bake for another 15-20min