

Potatoes Lyonnaise

In this classic French recipe, sliced potatoes are cooked with onions to make a delicious accompaniment to a main meal.

NUTRITIONAL INFORMATION

Calories277	Sugars4g
Protein5g	Fat12g
Carbohydrate	...40g	Saturates4g



10 MINS



25 MINS

SERVES 6

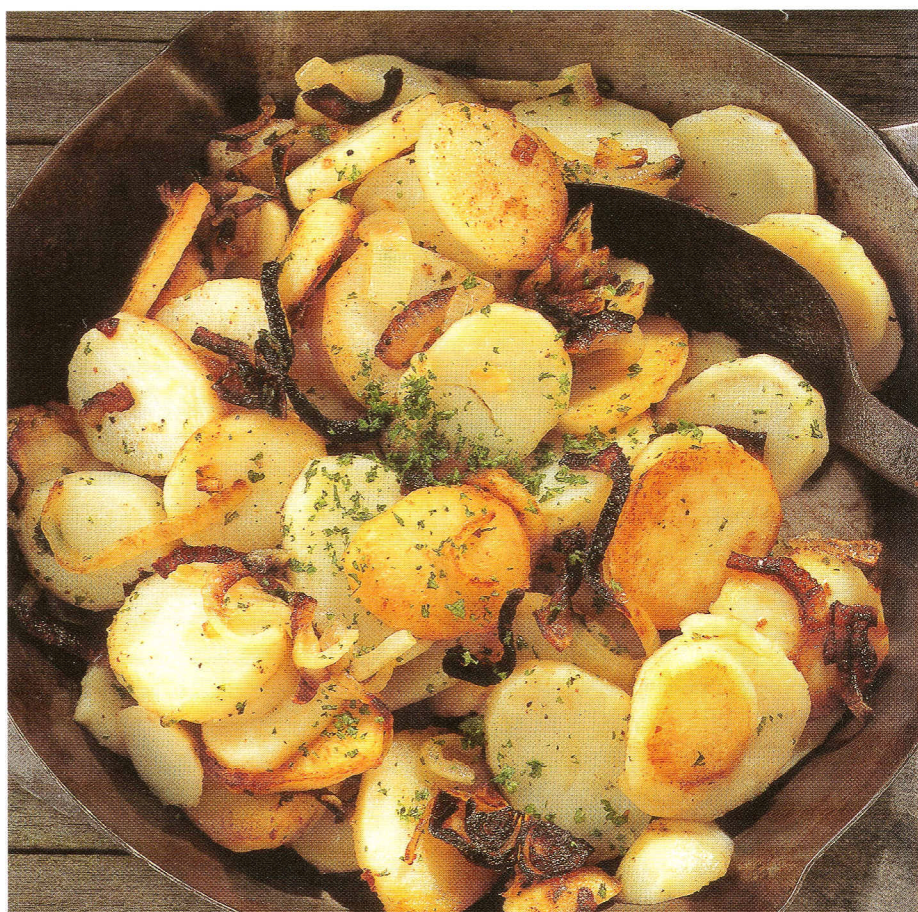
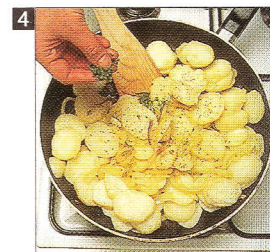
I N G R E D I E N T S

- 2 pounds 12 oz potatoes
- 4 tablespoons olive oil
- 2 tablespoons butter
- 2 onions, sliced
- 2–3 garlic cloves, crushed (optional)
- salt and pepper
- chopped parsley, to garnish

1 Slice the potatoes into $\frac{1}{4}$ inch slices. Put in a large saucepan of lightly salted water and bring to a boil. Cover and simmer gently for about 10–12 minutes, until just tender. Avoid boiling too rapidly or the potatoes will break up and lose their shape. When cooked, drain well.

COOK'S TIP

If the potatoes blacken slightly as they are boiling, add a spoonful of lemon juice to the cooking water.



2 While the potatoes are cooking, heat the oil and butter in a very large skillet. Add the onions and garlic, if using, and fry over a medium heat, stirring frequently, until the onions are softened.

3 Add the cooked potato to the skillet and cook with the onions, carefully stirring occasionally, for about 5–8 minutes until the potatoes are browned.

4 Season to taste with salt and pepper. Sprinkle over the chopped parsley to serve. If wished, transfer the potatoes and onions to a large ovenproof dish and keep warm in a low oven until ready to serve.