



SPRING GARDEN NESTS

These cute veg nests combine julienned potato, carrot and courgette with Parmesan, spring onions and eggs. Arranged over a base of melted cheddar and topped with more cheese and cherry tomatoes, they bake into crisp, golden bundles that make a fun seasonal side or light meal.

Prep time 15 minutes | Cook time 30 minutes | Serves 4

1 large potatoes with the skin left on
2 carrots, peeled
1 courgette
1 tsp sea salt
30g Parmesan
50g rice flour or plain flour
2 medium Burford Buff eggs
2 spring onions, finely chopped
100g cheddar cheese, coarsely grated
12 mixed cherry tomatoes

Using a julienne peeler, shred the potatoes, carrots and courgette into a colander, then add the sea salt and toss to combine. Leave to stand for 30 minutes until some moisture is released, then tip into a clean tea towel and squeeze any extra moisture out.

Tip into a large bowl and add the Parmesan, flour and spring onions. Season with cracked black pepper and flaky sea salt before stirring in the eggs so everything is coated.

Preheat the oven to 180°C. Line a baking sheet with baking parchment, scatter half the cheese onto the sheet in 4 mounds, making the edges ragged.

Divide the sliced veg mixture between the four cheese rounds, forming each mound into a nest shape with your hands.

Scatter more cheese over the top, pop 3 little tomatoes into each nest, nestling like eggs.

Pop the tray into the oven and bake for 20–25 minutes until golden and crisp.



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