Key to Life Foodbank

All Saints Church Cleadon
walking and working with God

Community Kitchen

Helping families create affordable, nutritious meals at home

Cheesy Potato & Pea Cups

by Pete Zulu, The Black Horse, East Boldon

Ingredients

- 1 slice of bread per cup
- Tinned potatoes or cooked new potaotes
- Tinned peas or other vegetables
- ½ onion
- Grated cheese
- Oil or butter for greasing
- Seasoning
- Herbs (optional)

Enjoyed this recipe? Scan for more affordable recipes & cooking videos.

Prep: 10 mins | Cook: 8 mins | Serves: 4

Method

1. Preheat the oven to 180°C
2. Remove the crusts from the bread and flatten each slice with a rolling pin or clean bottle.
3. Lightly grease an upside-down cup.
4. Mould the bread over the outside of each cup.
5. Bake for 2-3 minutes until lightly crisp.
6. Remove from the cups and allow to cool.
7. Chop the potatoes into small chunks and finely slice the onion.
8. Fry the onion and potatoes in a little oil for 3-4 minutes.
9. Add the peas or vegetables, seasoning and herbs (if using).
10. Spoon into the bread cups, top with grated cheese and serve.