

## Pan-Fried Potatoes

*Contributed by Hopelink Harvest Volunteer, Dave G.  
Inspired by sydneymarkets.com.au*

### Ingredients:

- 4 medium russet potatoes cut into 1 inch cubes, or 4 cups baby potatoes cut in half
- 1/4 cup olive or vegetable oil
- 3 green onions, sliced; or 1/3 cup yellow onion, diced
- 2 garlic cloves, finely chopped
- 1 tablespoon lemon juice
- Salt and pepper to taste
- *Optional:* lemon wedges, as garnish; sour cream or yogurt

### Method:

1. Cook potatoes by placing in large saucepan of water, covering and bringing to boil. Reduce heat and gently boil, uncovered, for 10–12 minutes until just tender. Drain and set aside. Can also cook in microwave by poking several holes in the potatoes and cooking on high for 5 or more minutes, until tender.
2. Heat oil in large saucepan over medium-high heat. If using yellow onions, add to saucepan and cook for about ten minutes, stirring occasionally to allow browning. Add potatoes and cook, stirring occasionally for 5–6 minutes until golden. Add green onions, garlic, lemon juice, and salt and pepper to taste. Enjoy!

More recipes can be found at: [www.hopelink.org/need-help/food/healthy-recipes](http://www.hopelink.org/need-help/food/healthy-recipes)

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