

Vegetable rosti cakes

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This recipe is great for kids!

You can make these delicious rostis any size that you like but children love little mini ones spread with cream cheese, ricotta cheese or for a more healthy variation top with cottage cheese.

Serve as a snack or as a vegetable accompaniment. These are great for using up root vegetables such as swede, parsnip, carrot and potato.

Ingredients—serves 4

450g potatoes, peeled and halved
2 medium carrots, halved lengthways
250g parsnips or swede cut into chunks
250g courgettes, grated
4 spring onions
2 level tablespoons of plain flour
1 lightly beaten eggs
Sunflower oil

Instructions

1. Par boil the potatoes with the carrot, parsnips or swede for 10 minutes, then drain them and leave to cool.
2. Coarsely grate the par-cooked vegetables into a large bowl and stir in the grated courgettes, spring onions, flour, egg and seasoning.
3. Lightly oil a frying pan and cook the rosti mixture in small flat fritters or rostis and cook until crisp and golden on both sides. Flatten with a fish slice as they cook. They will need about 3-4 minutes on each side.



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