

Sweet Potato Rosti

Ingredients:

4 sweet potatoes

2 eggs

2 spring onions

Salt and Pepper to season

What to do:

1. Before you begin have a think and talk about any other ingredients we could add to our rosti. (Sage, Parsley, Rosemary, Fennel, Parsnip, Carrot, Radish....)
2. Peel and grate sweet potato.
3. Squeeze all excess moisture out of sweet potato and place in a bowl.
4. Finely slice spring onions then chop small.
5. Combine sweet potato, spring onions, eggs, salt and pepper and mix well.
6. Heat 1 tablespoon of oil in a large frying pan over medium heat.
7. Drop a spoonful of the rosti mixture into the fry pan and shape to a disk, repeat to fill the pan.
8. Press rostis down with a spatula to flatten and cook for 2mins on both sides.
9. Repeat to cook remaining mixture.
10. Garnish and serve.

