Lunch

# Crisp Vegetable Rosti with Smoked Salmon

Grated kumara (orange sweet potato), silver beet and zucchini are bound with egg and wholemeal spelt flour, then pan-fried until golden at the edges. Served warm with silky smoked salmon, a spoonful of light sour cream and fresh dill.



Nut free

| 35 min | 396 | 35.8 g | 6.1 g |
|---|---|---|---|
| time | calories | carbs | sugars |

## Ingredients, 2 servings

- [ ] ½ small kumara (orange sweet potato, 125g) peeled and coarsely grated
- [ ] 2 shallots (50g), sliced finely
- [ ] 1 medium silver beet leaf (swiss chard) 65g, trimmed, shredded
- [ ] 1 small zucchini (90g), coarsely grated
- [ ] 1 egg, beaten
- [ ] 1/3 cup wholemeal spelt flour
- [ ] 1 tablespoon olive oil
- [ ] 120 g (4 ounces) smoked salmon
- [ ] 1½ tablespoon light sour cream
- [ ] 1 tablespoon fresh dill sprigs

## Nutrition Facts

Per serving

| | |
|---|---|
| **Calories** | **396** |
| **Total fat** | 19 g |
| Saturated fat | Not listed |
| **Sodium** | 430 mg |
| **Total carbs** | 35.8 g |
| Fiber | Not listed |
| Total sugars | 6.1 g |
| **Protein** | 21.8 g |

## Method

- [ ] **1** Wrap the peeled kumara (the orange sweet potato) that has been coarsely grated, together with the finely sliced shallots, the shredded silver beet leaf and the grated zucchini, in a clean tea towel, then wring the cloth tightly to squeeze out as much liquid as possible.
- [ ] **2** Tip the vegetables into a mixing bowl and stir in the beaten egg and wholemeal spelt flour until well combined.
- [ ] **3** Shape the mixture into small patties with your hands.
- [ ] **4** Heat the olive oil in a large frying pan over medium heat.
- [ ] **5** Cook the patties in the hot oil for a few minutes on each side, pressing them down gently, until golden and cooked through, then drain briefly on paper towel.
- [ ] **6** Divide the warm rosti between two plates and drape the smoked salmon over the top.
- [ ] **7** Finish each plate with a spoonful of light sour cream and a scattering of fresh dill sprigs.

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