



## Sweet Potato Rosti with Spicy Tomato Sauce, Crumbled Feta, and Tenderstem Broccoli

Three of your five-a-day and loaded with flavour - this dish is a winner! The sharp and salty feta flavours work in contrast to the sweet and mellow potato rostis. Sweet potatoes and tomatoes are great sources of vitamin A and C, both of which contribute towards your immune system and eye health!

### Nutritional Info

Calories: 322 kcal  
Carbohydrates: 50.1 g  
Protein: 13.6 g  
Fat: 7.8g

### Ingredients

- Sweet Potato
- Chickpea Flour
- Tomatoes
- Red Onion
- Garlic
- Ginger
- Red Chilli
- Feta Cheese
- Tenderstem Broccoli
- Paprika
- Cumin

### Your Pantry

- Olive Oil
- Salt & Pepper
- Sugar

### Allergens


[Milk \(Cheese\)](#)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



# METHOD

*Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.*



**1) Preheat the oven to 100°C (this will keep the rostis warm later)**

**2) Prepare the vegetables**

Grate the sweet potatoes and a teaspoon of ginger per person (no need to peel). Slice the Chilli lengthways and finely chop (keep some of the seeds if you like it spicy, discard if you like it mild). Trim about 1 cm from the stem end of the broccoli and discard the end pieces. Peel and crush the garlic. Peel and finely slice the red onion.

**3) Prepare the rostis**

Add a little oil to a large frying pan and place on medium heat. Add in the sweet potato, half of the garlic, and ginger and cook for 5 mins until the potato begins to soften. Remove and place in a large bowl.

Combine the sweet potato mixture with the chickpea flour, cumin, salt and pepper. Remove from the bowl and form into 3 rosti patties *per person*. Set aside.

**4) Make the tomato sauce**

Add a little oil to a smaller saucepan and place on medium heat. Add the onion and the other half of the garlic and saute for 3-4 minutes. Add in the paprika and red chilli and cook for a further 20-30 seconds. Pour in the tomatoes and a pinch of sugar and bring to a simmer for 10-15 minutes. Meanwhile....

**5) Cook the rostis**

In the same frying pan used earlier, add a little more oil and place on medium heat. Lay down the rostis and fry for 3-4 minutes on each side. Once they are cooked, put them in the preheated oven to stay warm

**6) Cook the broccoli**

Cook the broccoli in a saucepan of boiling water for 3-4 minutes.

**7) Plate the dish**

Plate the rostis in a row and spoon the tomato sauce alongside. Lay the broccoli on top of the sauce and crumble the feta over the top.



Fancy winning free DropChef in our weekly competition?!

To enter just share your delicious dinner on Instagram | **#DropChef**