

Sweet Potato Rosti

with Baked Feta Cheese and Avocado

hellóchef

A rösti is a Swiss dish which mainly consists of potatoes, cooked in the style of a fritter. In this recipe, we're using sweet potatoes. Enjoy!

Cals 940 • Prot 40 • Carbs 82 • Fat 55

Vegetarian

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🕒 cook: 50 min

R3523



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Rösti	2 ppl	3 ppl	4 ppl	
Sweet potatoes	400	600	800	Grams
Small zucchini	1	2	2	Piece
Salt	1	1	2	Tsp
Organic Eggs 5*	4	6	8	Piece
Feta cheese 4*	50	50	100	Grams
Baby spinach	40	60	90	Grams
Gram flour	40	60	80	Grams
Garlic powder	2	2	4	Grams
Black pepper	1	1	2	Tsp

To serve				
Greek feta 4*	100	100	200	Grams
Honey	15	15	30	Grams
Black sesame seeds 3*	10	15	20	Grams
Avocado	1	1	2	Piece
Cherry tomatoes	150	250	300	Grams
Olive oil	1	2	2	Tbsp
Dijon mustard 13*	6	9	12	Grams
Lemon	1	1	1	Piece
Salt	1	1	2	Tsp
Black pepper	0.5	1	1	Tsp
Rocket	40	40	80	Grams

Sweet chilli dip				
Sweet chilli sauce	40	60	80	ML
Sour cream 4*	60	90	120	Grams

Allergens

***5 Eggs, *4 Milk, *3 Sesame Seeds, *13 Mustard**

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3934 / 940
Fat (g)	54.8
of which saturates (g)	21
Carbohydrate (g)	82
of which sugars (g)	28.6
Fiber (g)	19.6
Protein (g)	39.7
Salt (g)	7.1

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep

Preheat the oven to 200°C/180°C fan. Peel and grate the **sweet potatoes**. Grate the **zucchini**s. Place both in a colander and sprinkle with **salt**. Place the colander in the sink and set aside.

Tip! Use the grater attachment in the food processor to speed up the grating process!



2 Mix

Meanwhile, beat the **eggs** in a large bowl. Crumble the **small feta cheese** into the bowl (save the **Greek feta** for step 3!). Add the **spinach, gram flour, garlic powder**, a generous sprinkling of **salt** and a pinch of **pepper**. Squeeze out and discard the liquid from the **sweet potatoes** and the **zucchini**s and add both to the bowl. Mix well.

Tip! Place the grated zucchini and sweet potato in a clean tea towel and use it to squeeze out as much water as possible.



3 Make röstis

Spoon the mixture into **[[2/3/4]]** large circles on a lined baking tray. Place the large piece of **Greek feta cheese** on the baking tray. Drizzle the **feta** with half of the **honey**, sprinkle with the **sesame seeds** and bake for 20 min or until golden around the edges.



4 Sweet chilli dip

Meanwhile, in a small bowl, combine the **sweet chilli sauce** with the **sour cream**. This is your **sweet chilli dip**.



5 Prep

Meanwhile, cut the **avocado** in half and remove its stone. Scoop the **avocado** out of its skin using a spoon and slice it finely. Quarter the **cherry tomatoes**. In a large bowl, whisk the **olive oil** and **Dijon** with a squeeze of **lemon**, the remaining **honey** and a pinch of **salt** and **pepper**. Once the **röstis** are done, toss the **rocket** and **tomatoes** in the **dressing**.



6 Serve

Once the **röstis** are done, divide them among plates and top with the **sweet chilli dip, avocado** and baked **feta cheese**. Serve the **salad** alongside.