



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Sweet Potato

Sweet potatoes are rich in beta-carotene, converted by our bodies to vitamin A. Research shows diets rich in beta-carotene can be protective against colon and prostate cancer.



1 Sweet Potato Rosti with Smoked Salmon

Home-made sweet potato rostis served with a lemon and garlic yoghurt sauce, smoked salmon and fresh watercress.

 30 minutes

 2 servings

 Fish

31 December 2021

Switch it up!

If you don't want to make the rostis you could make a hash by dicing the sweet potato and cooking in the frypan, or dice and roast to make a tossed salad.

Per serve: **PROTEIN** 22g **TOTAL FAT** 18g **CARBOHYDRATES** 54g

FROM YOUR BOX

SWEET POTATOES	1 bag (400g)
PARSLEY	1 bunch
LEMON	1
GARLIC CLOVE	1
YOGHURT	1 tub (200g)
WATERCRESS	1 sleeve
HOT SMOKED SALMON	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground cumin, flour of choice (see notes)

KEY UTENSILS

large frypan

NOTES

We used corn flour, but chickpea flour, plain flour or buckwheat flour would work as well.

If you have a food processor, use that to grate the sweet potato.

If you want to speed up the cooking time, you can heat two frypans to cook the rostis or bake on a lined oven tray in an oven set to 220°C for 15–20 minutes, until golden and cooked through.

No fish option – smoked salmon is replaced with pre-cooked chicken breast.



1. PREPARE THE ROSTIS

Grate (see notes) sweet potatoes and roughly chop 1/2 bunch parsley leaves. Add to a large bowl along with **1 tbsp flour, 1 tsp cumin, salt and pepper**. Mix until well combined.



2. COOK THE ROSTIS

Heat a large frypan (see notes) over medium-high heat with **oil**. Add 1 cupfuls rosti mixture. Flatten with a spatula and cook, in batches, for 3–4 minutes each side or until golden and crispy.



3. MAKE YOGHURT SAUCE

Finely slice remaining parsley leaves to yield 2 tbsp. Zest and juice 1/2 lemon. Crush garlic clove. Add to a bowl with yoghurt and stir to combine. Season with **salt and pepper**.



4. PREPARE INGREDIENTS

Trim watercress and wedge remaining lemon. Set aside with smoked salmon.



5. FINISH AND SERVE

Divide rostis among plates. Top with watercress and smoked salmon. Serve with yoghurt sauce.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

