Rainbow Rosti Bites With Salmon & Egg



Preparation time: 30 mins

Serves: 8 people

User Rating: ★★★☆☆

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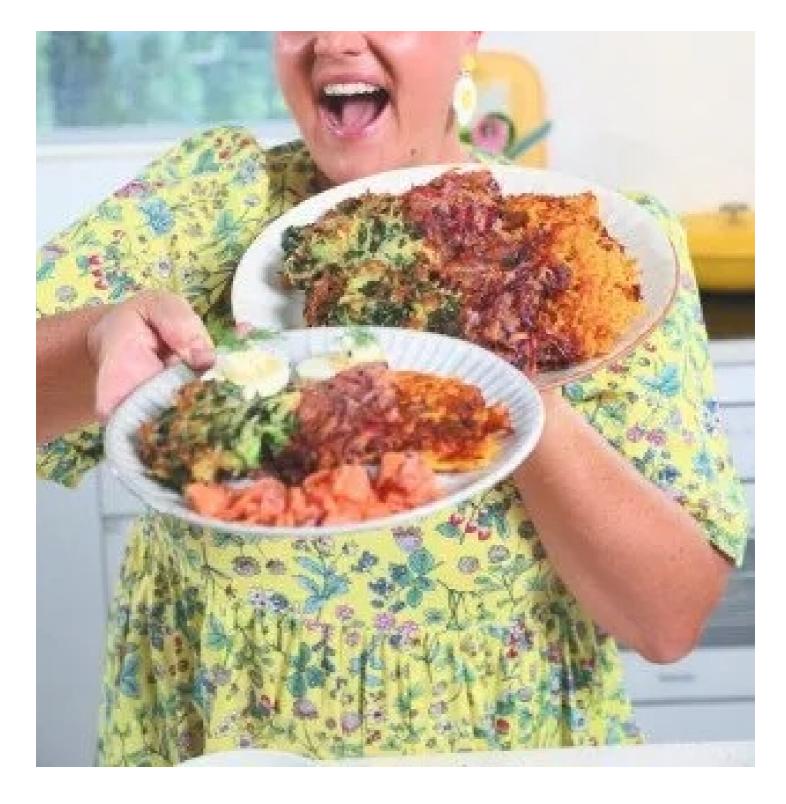
Kid Friendly

Add a burst of colour to your plate with these Rainbow Rosti Bites!



These delightful bites are a healthy and playful twist on the classic rosti, featuring a medley of vibrant vegetables in each. Grated and crisped to perfection, they are perfectly complemented by smoked salmon and delicious boiled eggs. Get the full recipe – developed by Today Show cook, Jane de Graaff – below.





Ingredients

For the rosti base:

- 1 kg potatoes, grated and water squeezed out
- 6 eggs
- 1 cup self-raising flour, divided into threes (⅓ cup x 3)
- $1\frac{1}{2}$ tsp salt, divided into threes ($\frac{1}{2}$ tsp salt x 3)
- 2 small brown onions, finely diced and divided into two
- 1 small red onion, finely diced
- Rice bran oil (or neutral oil), for shallow frying

For the colours and flavours:

- 300g grated sweet potato
- 1/4 tsp turmeric
- 1/4 tsp smoked paprika
- ½ cup shredded red cabbage
- ½ cup grated beetroot
- 1/4 tsp caraway seeds
- 1/4 tsp chicken salt
- ½ cup broccoli, finely chopped
- ½ cup spinach, finely shredded
- 1 Tbsp fresh mint, finely shredded

Topping:

- 4 eggs, hard boiled and peeled
- ½ cup smoked salmon, diced
- ½ cup cream cheese
- ½ tsp garlic powder
- 2 Tbsp fresh chives, finely chopped

Method

- 1. **For the toppings:** Prepare your hard boiled eggs by cooking eggs for 8 minutes (from room temperature) in boiling water, removing and dunking in ice water and peeling off the shell. Set aside in the fridge until needed.
- 2. Mix the cream cheese, garlic powder and chives and beat until fluffy, then set aside with the boiled eggs. Make sure your smoked salmon is diced.
- 3. **For the rainbow rostis:** Make sure all your ingredients are grated or finely chopped and ready. Place your grated potato into a clean cloth and wring it out to remove as much moisture as possible.
- 4. Divide the grated potato evenly between three bowls. Add a ½ cup of self-raising flour to each of the bowls, along with 2 lightly whisked eggs and ½ tsp of salt each.
- 5. To the first bowl add the grated sweet potato, turmeric and smoked paprika and one of the diced brown onions.
- 6. To the second bowl add the shredded and finely chopped spinach, broccoli and basil, along with the other diced brown onion.
- 7. To the third bowl add the shredded red cabbage, grated beetroot, caraway seeds, chicken salt and the diced red onion.
- 8. Thoroughly mix each bowl to stir all the ingredients and evenly distribute the egg, flour and flavours. Heat 2 cm of oil in a large flat frypan and add spoonfuls of each mix to the pan, flattening each one to make a small rosti. Cook for 2-3 minutes until crispy and golden (but not too dark) and then flip to cook the other side.
- 9. Remove the cooked rostis from the pan and place onto a paper towel to drain. Repeat with all the different coloured mixtures until all the batter is used.
- 0. Serve rostis with a small amount of cream cheese, some diced smoked salmon, cut-up boiled egg and fresh herbs. Serve as a rainbow collection on a platter, or in little rainbow stacks.

Notes

If you avoid overcooking the fritters the colours will be more pronounced.