

# Rainbow Rosti Bites With Salmon & Egg



Preparation time: 30 mins

Serves: 8 people

User Rating: ★★★★★

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

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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 ( $\frac{1}{3}$  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
- ¼ tsp turmeric
- ¼ tsp smoked paprika
- ½ cup shredded red cabbage
- ½ cup grated beetroot
- ¼ tsp caraway seeds
- ¼ 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 ⅓ 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.