

# Roast Vegetable Rosti With Poached Eggs



Preparation time: 40 mins

Serves: 4 people

User Rating: ★★☆☆☆

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## Ingredients

- 1 large zucchini (150g)
- 1 large carrot (180g)
- 1 medium leek (350g), white part only, julienned
- 1 large red capsicum (350g), sliced thinly
- 1 cup (240g) firm ricotta
- ½ cup (50g) grated mozzarella
- 2 eggs, beaten lightly
- 50g watercress sprigs

- 1 tbsp extra virgin olive oil
- 1 tsp red wine vinegar
- 8 eggs, extra

Method

1. Preheat oven to 180°C/160°C fan-forced. Line two oven trays with baking paper.
2. Using a vegetable peeler, peel zucchini and carrot into long thin ribbons. Combine zucchini, carrot, leek, capsicum, ricotta, mozzarella and beaten eggs in a large bowl; season well.
3. Press 2/3 cup of the vegie mixture into a 12cm round cutter on oven tray. Remove cutter; repeat with remaining mixture to make eight rounds in total. Bake 25 minutes or until golden and crisp.
4. Meanwhile, combine watercress, oil and vinegar in a bowl; season to taste.
5. Fill a large deep frying pan with water; bring to the boil. Break 1 extra egg into a small bowl or cup, then slide the egg into the pan. Repeat with 3 more extra eggs. Allow the water to return just to the boil. Cover the pan, then turn off the heat; stand for 3 minutes or until whites are set and yolks are runny. Remove eggs with a slotted spoon; drain on paper towel. Repeat poaching with remaining extra eggs.
6. Top rösti with poached eggs and watercress salad. Season to taste.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
465g	1840kJ 440kcal	31.6g	27.6g	10.5g	12.5g	12.3g	431mg	6.7g

All nutrition values are per serve.