

Rainbow Rosti

½ small red cabbage
1 carrot
1 courgette
1 medium potato
1 medium sweet potato
Small tin of sweetcorn
2 spring onions
Pinch dried chipotle chilli flakes
1 clove garlic, peeled and crushed
1 teaspoon dried mixed herbs
1-2 tablespoons rapeseed oil
20-30g chickpea or plain flour
1 egg, beaten
Salt and freshly ground black pepper

Grate all the vegetables. Rinse all the veggies in a colander under cold water and drain. Then wrap in a clean tea towel and squeeze out as much of the juice as you can. This removes all the starch and helps the rösti go crispy. Transfer to a bowl. Stir in the onions, sweetcorn and garlic and season with the chilli, mixed herbs and plenty of salt and pepper. Finally stir in the beaten egg and add enough flour so that the mixture sticks together.

Heat a little rapeseed oil in a non-stick frying pan over a medium heat. Carefully add mounds of the rösti mix, about the 6-7 cm in diameter, pressing the mixture down so the patty is quite flat. Cook for 4-5 minutes each side until golden brown in colour and being careful not to burn. Don't flip too soon or they may fall apart! Transfer to a warmed plate and keep warm in a cool oven until all the mix is cooked.

