

# Potato rosti



## Ingredients

### Serves 4

4 potatoes, grated

2 tablespoons oil






## Method

1. Place grated potato in a colander, rinse in cold water.
2. Squeeze out as much water as possible, place in a bowl.
3. Heat oil in a large frying pan over a medium heat.
4. Place spoonfuls of potato in the pan without crowding.
5. Fry on one side without moving until it becomes loose from the bottom of the pan.
6. Flip with a spatula and fry the other side, pressing down to flatten slightly.
7. Cook for another 5 minutes or until cooked through and golden brown on each side.
8. Remove from pan and serve.

## Serving suggestions

- Serve with baked popcorn chicken.
- Serve with a poached egg on top.
- Serve with steamed seasonal vegetables, e.g. chopped broccoli, chopped cauliflower, sliced carrot, green beans, sliced courgettes.

## Equipment

-  Bowl
-  Large frying pan
-  Large spoon
-  Measuring spoons
-  Spatula or fish slice

## Preparation and cooking skills

Grate, fry.

## Nutrition

- Potatoes, yams, taro, green banana, corn and kumara are called starchy vegetables.
- Starchy vegetables provide energy for your body.
- Peeling potatoes and kumara can reduce the amount of dietary fibre, vitamins and minerals in them. Leave the skins on wherever possible.