

Less than 30 minutes

Makes 8-10

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Ingredients

- 800g carrots, washed and grated
- 1 (200g) sweet potato, peeled and grated
- 2 tsp (10ml) ground cumin
- 1 tsp (5ml) chilli flakes
- ½ tsp (3ml) ground coriander
- ½ tsp (3ml) cinnamon
- 4 tsp (20ml) cornflour
- 2 eggs
- Salt and milled pepper
- ½ punnet (10g) fresh coriander, chopped (parsley works well too)
- Olive or canola oil, for frying

For topping:

- 1 cup (250ml) frozen peas, blanched
- 1 avocado, diced
- Lemon juice, to taste
- Salt and milled pepper
- 4 eggs
- Handful fresh coriander and rocket (optional)

Method

1. Combine grated carrot and sweet potato in a bowl.
2. Add spices and cornflour, tossing to coat veg evenly.
3. Whisk eggs and stir through vegetable mixture.
4. Season and stir through coriander.

5. Use your hands to shape mixture into 8-10 patties.
6. Heat 5mm oil in a pan over medium heat. (Take care it's not too hot or the outside of the röstis will burn before the inside is cooked.)
7. Fry for 3-5 minutes per side.
8. Combine peas, avocado, lemon juice and seasoning in a bowl and lightly mash with a fork.
9. Poach the eggs.
10. Serve röstis with avo-and-pea smash topped with poached eggs, and rocket or coriander if you like.

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