



## Beetroot and sweet potato roesti with fresh thyme

### Shopping list:

- 200 grams fresh beetroot
- 500 grams fresh sweet potato
- 1 large finely diced onion
- 1 piece of fresh ginger, finely chopped
- 3 cloves fresh garlic, crushed
- 1 teaspoon black mustard seeds
- ½ bunch chopped fresh thyme
- Sea salt and cracked black pepper
- 1 cup almond milk
- Plain flour
- Cherry tomatoes
- Fresh rocket lettuce
- Olive oil

### Method:

1. In a fry pan gently sautee the diced onion, garlic and ginger together with a little vegetable oil until they are softened and aromatic.
2. Par boil the sweet potato for 6 minutes, then let cool slightly.
3. Grate the sweet potato and beetroot together into a bowl, then add the sautéed onion, garlic and ginger. Add the black mustard seeds and season with salt and cracked black pepper. Add the almond milk then add the self raising flour until it creates a light batter.
4. Pre heat a non-stick fry pan with some vegetable oil and spoon a tablespoon of the mixture into the pan and cook on medium heat until golden brown then turn over and repeat on other side.
5. Serve warm with fresh rocket, chopped cherry tomatoes and drizzle with olive oil.

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