Vegetable Rösti with Steamed Peas



Crispy on the outside, soft on the inside vegetable rösti made with potato, carrot and courgette.
A simple, dairy-free and egg-free lunch that's packed with flavour and perfect for little hands, served with sweet green peas.

MAKES	PREPARATION	COOKING TIME	FREEZER FRIENDLY
6 TODDLER PORTIONS (250 ml each)	**25 minutes**	**20 minutes**	**Yes** (up to 2 months)

Ingredients



potatoes · carrots · courgette · oat flour · onion · olive oil · mixed herbs (optional) · salt and pepper · peas

Method

1. 
Grate the potato, carrot and courgette. Place in a clean kitchen towel and squeeze out as much liquid as possible.

2. 
In a bowl, combine the grated vegetables, oat flour, onion, herbs, salt and pepper. Mix well.

3. 
Shape into 12 small, flat rösti (about the size of a large chicken nugget). Place on a lined baking tray.

4. 
Brush lightly with olive oil and bake at 200°C for 20–25 minutes, turning halfway, until golden and cooked through.

5. 
Steam the peas until tender (about 5–8 minutes).

6. 
Allow to cool slightly before packing into portions with steamed peas.

7. 
Pack six individual meals (about 2 rösti and 100 ml peas each).

8. 
Freeze all six portions. Use within 2 months. Reheat thoroughly to 74°C before serving.

Top tips

- Squeeze out as much water as possible for crispier rösti.
- Keep the rösti small and flat for easier eating.
- Use extra vegetables if you like (e.g. spinach or grated butternut).
- For younger toddlers, cut the rösti into smaller pieces.
- For Miss Lion, use clean equipment and prevent cross-contact with allergens.

Serving guide

~150 ml	~100 ml
2 vegetable rösti (depending on size)	Steamed peas

Total: ~250 ml per child