

Sea Kale Rosti

Ingredients (serves 4)

- 150g sea kale roots (grated)
- 150g sweet potato (grated)
- oil (couple of glugs)
- 2 tbsp flour
- 1 egg (beaten)
- salt & pepper

Instructions

1. Grate sea kale root and sweet potatoes and combine in a bowl
2. Add flour, salt & pepper and beaten egg, mix together
3. Form into patties, then bake in a moderate oven over 160° C for roughly 20 minutes

