

Eat Within 3 Days

QCOOK

Villiera's Beef Mince & Mixed Veg Röstis

with lemon-laced crème fraîche

Hands-on Time: 45 minutes

Overall Time: 60 minutes

Fan Faves: Serves 3 & 4

Chef: Megan Bure

Wine Pairing: Villiera Wines | Villiera Merlot

Nutritional Info	Per 100g	Per Portion
Energy	534kJ	4017kJ
Energy	128kcal	961kcal
Protein	5.1g	38.5g
Carbs	12g	91g
of which sugars	3.7g	27.5g
Fibre	1.6g	12.2g
Fat	6.5g	48.7g
of which saturated	2.7g	20.4g
Sodium	77mg	581mg

Allergens: Sulphites, Egg, Gluten, Sesame, Wheat, Cow's Milk, Soya, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Potato *rinse & peel (optional)*
240g	240g	Carrot *rinse & peel (optional)*
2	2	Spring Onions
90ml	125ml	Self-raising Flour
8g	10g	Fresh Chives
15ml	20ml	White Sesame Seeds
125ml	160ml	Crème Fraîche
30ml	40ml	Lemon Juice
2	2	Onions *peel & finely dice 1½ [2]*
450g	600g	Beef Mince
45ml	60ml	Sweet Indo Soy Sauce
15ml	20ml	Sesame Oil
60g	80g	Salad Leaves *rinse & roughly shred*

From Your Kitchen

Oil (cooking, olive OR coconut)
Seasoning (Salt & Pepper)
Water
Paper Towel
Egg/s
Tea Towel

1. PREP STEP Rinse, trim and finely slice the spring onions, keeping the white and green parts separate. Rinse and finely chop the chives.

2. GRATE AWAY! Grate the potato and carrot and place in a clean tea towel with a generous sprinkle of salt. Let it sit for ± 5 minutes. Close up the tea towel tightly and squeeze out as much liquid from the grated veg as possible. Discard the liquid. Place the potato and carrot in a bowl. Add the spring onion whites, flour, ½ the chives, 2 eggs, 3 [4] tbsp of oil, and seasoning. Mix until combined. Form into 6 [8] round veggie röstis, about 1cm thick.

3. DELICATE DOTS Place the sesame seeds in a pan over medium heat. Toast until golden brown, 1-2 minutes (shifting occasionally). Remove from the pan and set aside.

4. ZINGY & CREAMY In a small bowl, combine the crème fraîche, and lemon juice (to taste). Season and set aside.

5. RADICAL ROSTI Return the pan to a medium-high heat, covering the base in oil. Once hot, add the röstis and fry until golden brown, 3-5 minutes per side. You will need to do this step in batches. Remove from the heat and drain on paper towel.

6. SOY STICKY Place a pan over high heat with a drizzle of oil. When hot, fry the onion until softened, 6-7 minutes (shifting occasionally). Add the mince and work quickly to break it up as it starts to cook. Caramelise until browned, 5-6 minutes (shifting occasionally). In the final 1-2 minutes, drizzle in the sweet soy sauce and sesame oil. Season.

7. DIVINE! Plate up the crispy röstis and top with the salad leaves. Pile up the sticky mince and dollop over the lemony crème fraîche. Scatter over the sesame seeds, spring onion greens, and the remaining chives. Dig in, Chef!

Chef's Tip The röstis mixture should be fairly dry before you cook it. If it's too wet, the röstis may not crisp up well.