



Royal
Botanic Garden
Edinburgh

Botanic Cottage Community Cook Club Early January 2021

A healthy supper

Beetroot rösti, lemony greens and feta

This is a beautiful dish, colourful, healthy and great for sharing. A rösti is a traditional Swiss dish usually made with just potatoes, this version adds a big serving of root vegetables and flavour. If you don't have beetroot then I've also made it with parsnips which I'd also really recommend. I suspect carrots would be great too- or a mixture of any root vegetables.



Ingredients

400g potatoes (2 or 3)

600g raw beetroot

2 eggs

1 tsp mixed herbs or thyme

300g spring greens or kale

4 cloves garlic

½ a lemon

100g feta cheese

Olive oil, salt and pepper

You will need a large bowl, a grater or food processor, an ovenproof casserole dish or frying pan* (see note below), a wok or frying pan and a chopping board and knife.

Serves 4

Method

1. Peel the potatoes and beetroot and then grate them into a large bowl. (If you have a food processor with a grating attachment then this will save you time). Give the grated vegetables a good squeeze and drain off any liquid that comes out.
2. Heat the oven to 200 degrees.
3. Mix in the eggs, herbs and some salt and pepper.
4. Heat 2 tbsp olive oil in the casserole dish and then press the rösti mixture into the dish. Cook on a medium high heat for 3 minutes and then transfer to the oven. Cook for 25 minutes until evenly browned and crisp on top.
5. While the rösti is cooking, prepare the greens. Wash the greens and roughly chop or tear the leaves, removing any tough stems.
6. Zest the lemon half and keep the zest to one side. Peel the garlic and finely chop or crush the cloves.
7. In a wok or frying pan heat a drizzle of oil and add the crushed garlic. Cook for one minute and then add the greens. Cook for 3-5 minutes until wilted. Squeeze over the lemon juice and season with a little salt and pepper to taste.
8. When the rösti is cooked, serve with the greens heaped on top and crumble the feta cheese over the top. Sprinkle over the lemon zest and serve.

*If you don't have a dish that can go on the hob and in the oven, skip the hob stage, grease the bottom of the oven dish well, and put the rosti straight into the oven. It will probably need an extra 5 minutes.