

Pumpkin & Sweet Potato Tots

Food Foundations

Ingredients

- 1kg pumpkin chopped in pieces
- 1kg sweet potato peeled and chopped
- 8 eggs
- 300g wholemeal breadcrumbs
- 240g cheddar cheese
- 8 cloves garlic (minced)
- Olive oil spray

Serves: 20

Prep Time: 20 mins

Cook Time: 40 mins



Method

1. Preheat oven to 190°C. Line baking tray with baking paper.
2. Steam (or boil) sweet potato and pumpkin until soft. Drain well.
3. Roughly mash cooked drained pumpkin and sweet potato and place into large mixing bowl.
4. Add eggs, 200g breadcrumbs, cheese and garlic and mix until combined. Mash larger pieces up as you mix.
5. Roll 1 tablespoon of mixture into ball or croquette shapes. Coat balls by rolling in remaining 100g breadcrumbs. Place onto prepared tray. Repeat with remaining mixture.
6. Spray with olive oil then bake 20 minutes or until golden brown.
7. Serve with dipping sauce of choice.

Recipe Notes:

If mixture is too wet, add 1-2 tablespoons of flour, combine well, and roll out.

Add carrots and potato instead of pumpkin and sweet potato or a mixture of both.

Homemade salsa or Tzatziki can be used as a dipping sauce.

Food Group	Serves per portion
Vegetables	1.3
Fruit	
Grain foods	0.5
Lean meat and alternatives	0.2
Milk, yoghurt and cheese	0.3