

Pumpkin and Sweet Potato Tots

Food Foundations

Ingredients

- 1kg pumpkin, peeled and chopped
- 1kg sweet potato, peeled and chopped
- 8 eggs, lightly beaten
- 300g wholemeal breadcrumbs
- 240g cheddar cheese, grated
- 8 garlic cloves, minced
- Olive oil spray

Serves: 20

Prep Time: 20 mins

Cook Time: 20 mins



Method

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

Recipe Notes:

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

Instead of pumpkin and sweet potato, consider using carrot and potato, or even a mixture of both.

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

Food Group	Serves per portion
Vegetables	1.3
Fruit	0
Grain foods	0.5
Lean meat and alternatives	0.2
Milk, yoghurt and cheese	0.3