

Sweet Potato & Spinach Tater-Tots

Ingredients (serves 4-6):

- 2 medium sweet potatoes peeled and cut into cubes
- 1½ cups spinach, chopped (if using frozen spinach, use just ½ - ¾ cup)
- 1 large onion, diced
- 2 tablespoons olive oil
- 2 small garlic cloves, finely chopped
- 1-2 tablespoons fresh chopped herbs (I used thyme and rosemary)
- Juice & zest of ½ organic lemon
- ½ - 1 tsp sea salt
- ¼ tsp ground black pepper
- 1½ tbsp arrowroot flour (or tapioca starch or coconut flour)
- Coconut oil for frying

Instructions:

1. Put the sweet potato cubes into a pan filled with cold water and bring to the boil. Cook for 10-15 minutes, or until fork tender.
2. Meanwhile, heat 1-2 tbsp coconut oil in a medium/large pan and sauté the onion on medium high for about 5-8 minutes until translucent and golden. Add chopped spinach, garlic and herbs, and cook another 3-4 minutes, stirring, until any liquid is absorbed, Drizzle with lemon juice and add some lemon zest.
3. Drain the sweet potato and put into a bowl. Mash a bit (using a potato masher or fork) leaving it a bit chunky. Add the spinach mix, salt, pepper and the arrowroot flour and mix everything well together.
4. Heat a thin layer of coconut oil in a frying pan until piping hot. Then turn down the flame, wet your hands and make golf ball sized balls. Fry them for about 2 minutes on each side, making sure they get golden all over. Set on a paper towel lined plate, taste and add sea salt if needed, then enjoy!