

BROCCOLI & CHEESE POTATO TOTS (GEMS)

Ingredients

2 large potatoes

2 cups broccoli florets

1 egg

1/2 cup grated cheese

1/2 cup panko bread crumbs

1/2 tsp mixed Italian herbs

How to make with your Thermo Cook Pro M 2.0

Line a baking tray with parchment paper.

Preheat oven to 200 degrees Celsius or 390 degrees Fahrenheit.

Add two cups of water to the stainless steel bowl, and add the steaming attachment.

Evenly chop potatoes into cubes, and then place in the steamer.

Turn on appliance to the maximum temperature, and then once steaming, steam for approx. 4 -7 minutes (or until tender). Add the broccoli and steam for another 90 seconds. Strain vegetables and remove the steaming attachment.

In the stainless steel bowl with the blade, add the potato and broccoli and then turn onto blade 4, and blend/pulse in 30 second increments for approximately 2 1/2 minutes until it reaches the desired texture.

In a separate bowl, combine the egg, cheese, bread crumbs and herbs.

Turn out the potato mix into the bowl, and combine all of the ingredients.

With a spoon and your hands, shape the tots (gems) and place on the tray.

Lightly spray with baking oil and bake for 15 - 20 minutes or until nice and golden but check after 10 minutes and rotate and flip. Once baked, remove from oven and allow to cool for 5 mins. Enjoy as they are or add salt, pepper and tomato sauce.

Traditional method

Line a baking tray with parchment paper.

Preheat oven to 200 degrees Celsius or 390 degrees Fahrenheit.

Prepare a steamer. Evenly chop potatoes into cubes, and then place in the steamer.

Steam for approx. 4 -7 minutes (or until tender). Add the broccoli and steam for another 90 seconds. Strain vegetables.

In a food processor or with a masher, pulse or mash until the vegetables reach the desired texture.

In a separate bowl, combine the egg, cheese, bread crumbs and herbs.

Turn out the potato mix into the bowl, and combine all of the ingredients.

With a spoon and your hands, shape the tots (gems) and place on the tray.

Lightly spray with baking oil and bake for 15 - 20 minutes or until nice and golden but check after 10 minutes and rotate and flip. Once baked, remove from oven and allow to cool for 5 mins. Enjoy as they are or add salt, pepper and tomato sauce.