




### Product Spotlight: Lentils


Lentils are considered one of the best sources of plant-based, high-protein foods. There is 18g in every one cup serving – the equivalent to eating about 3 whole eggs!



## 3 Latkes with Lentil Salad

Grated potato latkes served with a cashew cheese dollop and a salad of lentils and fresh vegetables.

 30 minutes

 2 servings

 Plant-Based

3 December 2021

## Switch it up!

*If you don't want to make latkes, you can slice or wedge your potatoes and roast them.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	46g	32g	84g

## FROM YOUR BOX

CASHEW MIX	1 packet (65g)
MEDIUM POTATOES	3
AVOCADO	1
TINNED LENTILS	400g
MESCLUN LEAVES	1 bag (60g)

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, flour of choice (see notes), apple cider vinegar, smoked paprika

## KEY UTENSILS

large frypan, kettle, stick mixer or small blender

## NOTES

We used cornflour but other options include plain flour, potato flour, rice flour and chickpea flour.



### 1. SOAK THE CASHEWS

Boil the kettle.

In a bowl, soak the cashew mix with **2 tbsp hot water and 1 tbsp vinegar**. Leave to soak while you are preparing steps 2 and 3.



### 2. MAKE THE LATKES

Grate potatoes. Squeeze out excess moisture. Add to a bowl along with **1 tbsp oil, 2 tbsp flour, 2 tsp smoked paprika, salt and pepper**. Mix until well combined.



### 3. COOK THE LATKES

Heat a large frypan over medium-high heat with **oil**. Add 1/3 cupfuls latke mix to pan and press down. Cook, in batches, for 3-4 minutes on each side until golden brown. Remove to plates for serving.



### 4. BLEND CASHEW CHEESE

Using a stick mixer, blend cashew mix (including liquid) to a thick but smooth consistency. Season with **salt and pepper**.



### 5. TOSS THE SALAD

In a large bowl whisk together **1 tbsp olive oil, 1 1/2 tbsp vinegar, salt and pepper**. Dice avocado. Drain and rinse lentils. Add to bowl with dressing, along with mesclun leaves. Toss until well coated.



### 6. FINISH AND SERVE

Divide salad onto plates with latkes. Dollop latkes with cashew cheese.

**How did the cooking go?** We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

