



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### 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 Smoked Salmon Salad with Latkes

Grated potato latkes served with a salad of lentils, smoked salmon and fresh vegetables.

 30 minutes

 2 servings

 Fish

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
	48g	30g	75g

## FROM YOUR BOX

MEDIUM POTATOES	3
AVOCADO	1
TINNED LENTILS	400g
HOT SMOKED SALMON	1 packet (100g)
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

## NOTES

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

You can serve the latkes with sour cream, horseradish cream, or natural or greek yoghurt.

**No fish option - smoked salmon is replaced with cooked chicken breast.**



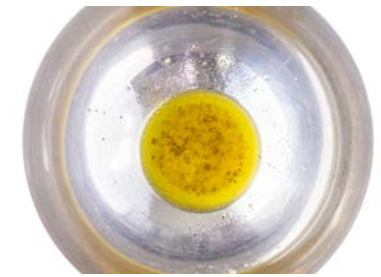
### 1. MAKE THE LATKES

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.



### 2. 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 each side until golden brown. Remove to plates for serving.



### 3. PREPARE THE DRESSING

In a large bowl whisk together **1 tbsp olive oil, 2 tbsp vinegar, salt and pepper**.



### 4. TOSS THE SALAD

Dice avocado. Drain and rinse lentils. Add to bowl with dressing, along with smoked salmon and mesclun leaves. Toss until well coated.



### 5. FINISH AND SERVE

Divide salad onto plates with latkes (see notes).

**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**

