



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Avocado

Avocados contain over 20 vitamins and minerals. They are high in monounsaturated fats (good fats!) and are great for heart health!



H2 Potato Latkes with Halloumi Salad

Caraway seed potato latkes topped with beetroot relish and served with lemon zest halloumi tossed in a fresh salad with a toasted seed and nut mix.



30 minutes



2 servings



Vegetarian

7 October 2022

Bulk it up!

To bulk up this meal, serve with poached, boiled or fried eggs.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	28g	56g	66g

FROM YOUR BOX

MEDIUM POTATOES	2
SEED AND NUT MIX	1 packet (30g)
LEMON	1
HALLOUMI	1 packet
CARROT	1
AVOCADO	1
MESCLUN LEAVES	1 bag (60g)
BEETROOT RELISH	1 jar

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, cornflour, caraway seeds (see notes)

KEY UTENSILS

2 frypans

NOTES

If you don't have caraway seeds, substitute with fennel seeds, cumin seeds, nigella seeds or dried dill.



1. MAKE THE LATKES

Grate potatoes and squeeze out excess moisture. Add to a bowl along with **2 tbsp oil, 3 tbsp cornflour, 1 1/2 tsp caraway seeds, 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. Set aside.



3. TOAST THE SEED & NUT MIX

Heat a second frypan over medium-high heat. Add seed and nut mix. Toast for 3-4 minutes. Remove to a bowl and keep pan over heat.



4. COOK THE HALLOUMI

Zest lemon and dice halloumi. Coat halloumi in **oil** and lemon zest. Add halloumi to pan, cook for 3-4 minutes each side until golden.



5. MAKE THE SALAD

Juice 1/2 lemon (wedge remaining). Add to a large bowl along with **2 tbsp olive oil, salt and pepper**. Whisk to combine.

Ribbon carrot and dice avocado. Add to large bowl with dressing along with mesclun leaves and halloumi. Toss to combine.



6. FINISH AND SERVE

Divide latkes among plates. Dollop on beetroot relish. Serve with halloumi salad. Sprinkle over toasted seed mix and serve with lemon wedges.

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**

