



### Product Spotlight: Parsnips

Parsnips are a great source of soluble fibre which is important for our digestive process, creating healthy movement of food through the digestive tract. This helps to reduce constipation and other gastrointestinal disorders.



## 4 Lentil Cakes with Parsnip Chips & Mushroom Sauce

Golden lentil cakes with flavours of garlic and tarragon, served with oven baked parsnip chips, crisp salad and a creamy mushroom sauce.

 30 minutes

 2 servings

 Plant-Based

10 August 2020

## Mix it up!

*Add some fresh herbs from the garden into your lentil cakes, such as fresh parsley, oregano or dill. These lentil cakes are also great served in a burger or pita pockets.*

Per serve: **PROTEIN** 32g **TOTAL FAT** 44g **CARBOHYDRATES** 65g

## FROM YOUR BOX

PARSNIPS	3
ROASTED CASHEWS	1/2 packet (50g) *
SHALLOT	1
BROWN LENTILS	400g
QUINOA FLAKES	1 packet (30g)
MUSHROOMS	200g
CASHEW CREAM CHEESE	1/2 jar *
MIXED SALAD MIX	1 bag (400g)

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, garlic (1/2 clove), dried tarragon, vinegar (of choice)

## KEY UTENSILS

2 oven trays, frypan, small food processor

## NOTES

If you don't have a food processor, mash half the mixture using a potato masher until smooth. Combine with the other 1/2 to form the cakes.



### 1. ROAST THE PARSNIPS

Set oven to 220°C.

Cut parsnips into chips and toss on a lined oven tray with **oil, salt and pepper**. Roast in oven for 25 minutes, or until golden.



### 4. MAKE THE DRESSING

Whisk together **1/2 tbsp vinegar** and **1 tbsp olive oil**. Season with **salt and pepper**. Set aside.



### 2. MAKE THE LENTIL MIX

Chop cashews and shallot. Drain lentils and combine all in a bowl with quinoa flakes, **1/2 crushed garlic clove**, **1/2 tsp tarragon, salt and pepper**. Add 1/2 the mixture to a processor and pulse until smooth (see notes). Combine with remaining 1/2 mixture.



### 5. MAKE THE SAUCE

Heat a frypan over medium-high heat with **oil**. Slice and add mushrooms, cook for 5 minutes until browned. Add cashew cream cheese along with **1 cup water**. Stir until smooth. Season with **salt and pepper** to taste.



### 3. BAKE THE LENTIL CAKES

Shape even size patties with oiled hands and place on a lined oven tray. Drizzle with **oil** and bake in oven for 15 minutes until cooked through.



### 6. FINISH AND PLATE

Toss dressing with mixed leaves. Divide among plates with parsnip chips and lentil patties. Spoon over mushroom sauce to taste.

**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**

