






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

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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.

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