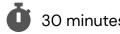


Product Spotlight: Lentils

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!



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







3 December 2021



Switch it up!

If you don't want to make latkes, you

can slice or wedge your potatoes and

roast them.

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

