



Product Spotlight: Walnuts

Recognised since ancient times as the symbol of intellectuality, walnuts are a good source of Omega-3s, which support brain and heart health.



4 Cheesy Loaded Wedges

Golden potato wedges loaded with a tomato nut mince and melted almond cheese from Noshing Naturally, finished with a fresh salsa topping.

 30 minutes

 2 servings

 Plant-Based

28 December 2020

Spice it up!

Add some dried herbs to the walnut mince if desired. Dried oregano, fennel seeds or Italian herbs work well!

Per serve: **PROTEIN** 16g **TOTAL FAT** 49g **CARBOHYDRATES** 58g

FROM YOUR BOX

POTATOES	500g
WALNUTS	1 packet (50g)
CARROT	1
TOMATO RELISH	1/3 cup *
CONTINENTAL CUCUMBER	1/2 *
GREEN CAPSICUM	1
CHERRY TOMATOES	1/2 bag (100g) *
NUT CHEESE	1 packet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, apple cider vinegar (or vinegar of choice)

KEY UTENSILS

large frypan, oven tray

NOTES

Use a small food processor to process the walnuts if possible. Add garlic to the walnut mince for extra depth of flavour.



1. ROAST THE POTATOES

Set oven to 220°C.

Wedge potatoes and toss on a lined oven tray with **oil, salt and pepper**. Roast for 20 minutes until golden and cooked through (see step 4).



4. MELT THE CHEESE

Remove the potatoes from the oven and spoon over walnut mince. Grate cheddar cheese over top. Return to oven for 5 minutes until melted.



2. MAKE WALNUT MINCE

Finely chop walnuts (see notes) and grate carrot. Add to a frypan over medium-high heat with 1/3 cup tomato relish and **1/4 cup water**. Cook for 5 minutes stirring until heated through. Take off heat and season with **salt and pepper**.



5. FINISH AND PLATE

Divide potatoes among plates with salad topping.



3. PREPARE SALAD TOPPING

Dice cucumber and capsicum. Quarter tomatoes. Toss together with **1/2 tbsp vinegar** and **1 tbsp olive oil**.

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**

