



### 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!



## 3 Latkes with Lentil Salad

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

 30 minutes

 4 servings

 Plant-Based

3 December 2021

## Switch it up!

*If you don't want to make latkes, you can slice or wedge your potatoes and roast them.*

Per serve:	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CARBOHYDRATES</b>
	30g	31g	65g

## FROM YOUR BOX

CASHEW MIX	1 packet (130g)
POTATOES	1kg
AVOCADOS	2
TINNED LENTILS	2 x 400g
MESCLUN LEAVES	1 bag (120g)

*\*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 corn flour 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 **1/4 cup hot water and 2 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, 1/4 cup flour, 1 tbsp 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 **2 tbsp olive oil, 3 tbsp vinegar, salt and pepper**. Dice avocados. 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**

