



### 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

 4 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** 14g **TOTAL FAT** 33g **CARBOHYDRATES** 51g

## FROM YOUR BOX

POTATOES	1kg
WALNUTS	1 packet (100g)
CARROT	1
TOMATO RELISH	1/2 jar *
CONTINENTAL CUCUMBER	1/2 *
GREEN CAPSICUM	1
CHERRY TOMATOES	1/2 bag (200g) *
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 tomato relish and **1/3 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**

