



# Sauerkraut potato latkes

with lemon, dill and white bean salad



Latkes - fried potato pancakes - are a traditional Jewish recipe. They're easy to make, packed with flavour and served alongside a fresh and nutritious salad with flavours reminiscent of Eastern Europe.

NO ADDED GLUTEN



Make this dish within 5 days of receiving your meal kit



Cooking equipment: large frying pan



Pantry items needed: olive oil, vegetable oil, salt, freshly ground black pepper



Hands-on: 25-30 minutes  
Ready in: 25-30 minutes



Serves: 2 or 4

## Before you start

Read through the recipe and give your fresh produce a wash.

## Ingredients

|                              | 2 serves    | 4 serves |
|------------------------------|-------------|----------|
| White potato                 | 600g        | 1200g    |
| Brown onion                  | 90g         | 180g     |
| Sauerkraut                   | 1 tub       | 1 tub    |
| Dill                         | 20g         | 40g      |
| Latke dry mix                | 1 packet    | 1 packet |
| Water*                       | 2½ tbsp     | 5 tbsp   |
| Cucumber                     | 70g         | 140g     |
| Radish                       | 120g        | 240g     |
| Cannellini beans             | 1 can       | 2 cans   |
| Lemon                        | 100g (half) | 100g     |
| Salt*                        | ½ tsp       | 1 tsp    |
| Freshly ground black pepper* | ½ tsp       | 1 tsp    |
| Olive oil*                   | 1 tbsp      | 2 tbsp   |
| Vegetable oil*               | 2 tbsp      | 4 tbsp   |
| Vegan sour cream             | 1 tub       | 1 tub    |

\* Pantry items

## Allergens and ingredients

Allergens: soy.

May contain traces of other allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

# Instructions

## 1. Prepare latke ingredients

Peel and grate **potato** (tip 1). Halve and thinly slice **onion**. Place **potato, onion** and **sauerkraut** into a sieve and, using your hands, squeeze firmly to remove excess liquid. Roughly chop **dill**.

## 2. Make latke mixture

In a large bowl, add **onion, potato, sauerkraut, latke dry mix, water\*** and **half** the chopped **dill** and combine thoroughly using your hands. Allow to rest for **5 minutes**.

## 3. Prepare salad

Finely slice **cucumbers**. Slice **radish** and into thin matchsticks. Drain and rinse **cannellini beans**. Juice **lemon** (**½ for 2 serves** and **1 for 4 serves**). In a medium bowl, add **cucumber, radish, beans, lemon juice, salt\*, freshly ground black pepper\*, olive oil \*** and remaining **dill** and toss to combine.

## 4. Make latkes

In a large frying pan over medium heat, add **vegetable oil\***. When hot, fill the pan with **2 tbsp-sized** dollops of **latke mix** and flatten each with a spatula until about 1cm thick. Cook until golden brown, about **5 minutes** on each side. Remove from the heat and transfer to a plate lined with paper towel. Repeat until all **latkes** are cooked.

## 5. Serve

Serve **sauerkraut potato latkes** with a dollop of **vegan sour cream** on top and **lemon, dill and white bean salad** on the side.

## Cooking tip

If you have a food processor, use the grating disc attachment to quickly grate the potato and onion.

Eat your way  
to healthy!



**Radishes** are a good source of vitamin C, which is known to act as an antioxidant to protect your cells from damage as well as playing an important role in promoting collagen production for healthy skin and blood vessels.

They are also rich in detoxifying compounds and minerals like calcium and potassium which, together, help to lower blood pressure.

## Nutritional information\*

|              | Per 620g serve  | Per 100g       |
|--------------|-----------------|----------------|
| Energy       | 2721kj (651Cal) | 439kj (105Cal) |
| Protein      | 16.9g           | 2.7g           |
| Fat, total   | 29.7g           | 4.8g           |
| - Saturated  | 10.5g           | 1.7g           |
| Carbohydrate | 70.0g           | 11.0g          |
| - Sugars     | 9.0g            | 1.0g           |
| Sodium       | 1431mg          | 231mg          |

\* Nutritional information is based on averages