

# Leek Latkes With Cauliflower 'Cheese'

🕒 45 - 60 Mins

★ 2

500g parsnip, peeled and cut into chunks

1/2 leek finely sliced

1/4t white pepper

1/4t salt

500g waxy potatoes

1 small cauliflower, cut into small pieces

1 can or jar cannellini beans

4t nutritional yeast

1 garlic clove

1/4t salt

1t fresh thyme leaves

2t water



## Cooking Instructions

- Preheat the oven to 200c
- Grease a 12 cup muffin tray
- Boil the parsnip for around 10 minutes until soft
- Drain and leave to cool
- Sauté the leeks in a little oil for 5 minutes
- Put the parsnip into a large bowl, use a hand blender or potato masher to puree them
- Add the leeks, pepper and salt, mix well
- Grate the potatoes (skin on) add to the parsnip and mix
- Taste to check seasoning
- Divide the mixture between the cups in the muffin tray
- Press your thumb into each so that the mixture goes up the side and there is a deep indent in the middle
- Bake for 30 minutes until golden and crispy around the edges
- For the cauli cheese steam or boil the cauliflower till it is just soft
- Put the beans in a bowl with the nutritional yeast, garlic, salt and water, blend with a hand blender

- Add the thyme and cauliflower, heat gently in a pan for 10 minutes
- Now load the leek latkes with the cauliflower, sprinkle a few thyme leaves on top