



SPINACH POLPETTE AND SLAW PITAS WITH CASHEW MAYO

Serves 4 – A little effort

For 12 spinach balls:

*250g baby spinach
1 garlic clove
1 egg
50g breadcrumbs
nutmeg
30g Parmesan
a pinch of grated lemon zest
olive oil*

For the slaw:

*200g red cabbage
100g fennel
1 apple
2 spring onions
½ tsp fennel seeds, crushed
2 tbsp red wine vinegar
2 tbsp maple syrup
1 tbsp soy sauce
a pinch of chili flakes*

For the cashew mayo:

*75g cashews
¼ tsp turmeric powder
lemon juice*

*4 pitas
salt and pepper*

1. Put the cashews for the mayo into a bowl and top with boiling water. Leave to soak for at least 15 minutes.
2. Put the spinach into a large frying pan on a high heat and dry-fry until the spinach has wilted. Put into a sieve and squeeze out as much liquid as you can. Leave to cool.
3. Once cool, roughly chop the spinach and put into a bowl. Peel and crush the garlic clove, add to the spinach and mix with the egg, breadcrumbs, nutmeg, parmesan and lemon zest. Season with salt and pepper.
4. Preheat the oven to 200°C fan.

5. Roll little walnut-sized balls with the spinach mixture and put onto a baking tray lined with baking paper. Brush each ball with olive oil and bake in the preheated oven for 15 minutes until crispy.
6. Meanwhile, make the slaw. Cut the cabbage and the fennel into fine slices, preferably with a mandolin. Put into a bowl.
7. Grate the apple, trim and finely slice the spring onions and add to the bowl. Add all the other ingredients and scrunch the salad with your hands – this will soften the cabbage. Set aside.
8. Take the cashews out of the water and put into a blender. Add the turmeric, a squeeze of lemon juice and a bit of the soaking water and pulse into a paste – adding more water as you go along until you have the desired consistency (I like mine quite thick). Season with salt and pepper.
9. Briefly heat the pitas in the microwave until an air pocket starts forming. Remove from the microwave, slice open and stuff with slaw, three polpette and drizzle with cashew mayo.

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