



Kartoffelpuffer: German Style Potato Pancakes

with Asparagus and Apple & Walnut Salad

A Taste of Germany 40-45 Minutes • 1 of your 5 a day • Veggie

20



Apple



Asparagus



Soured Cream



Wholegrain Mustard



Cider Vinegar



Echalion Shallot



Potatoes



Baby Leaf Mix



Walnuts



Apple and Sage Jelly



Potato pancakes are a very traditional German food. Grated potato, onion, egg and flour make this simple but delicious dish. It's typically served with apple sauce but we're serving them with asparagus and an apple and walnut salad.

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil, Plain Flour, Egg

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Bowl, grater, peeler, tea towel, sieve, frying pan, kitchen paper and baking tray.

Ingredients

Ingredients	2P	3P	4P
Apple**	1	1	2
Asparagus**	150g	200g	300g
Soured Cream** 7)	75g	112g	150g
Wholegrain Mustard 9)	17g	17g	34g
Cider Vinegar 14)	15ml	30ml	30ml
Echalion Shallot**	1	1	2
Potatoes	450g	700g	900g
Baby Leaf Mix**	50g	70g	100g
Walnuts 2)	20g	40g	40g
Apple and Sage Jelly	37g	37g	50g
Pantry	2P	3P	4P
Sugar for the Dressing*	½ tsp	¾ tsp	1 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Plain flour*	3 tbsp	4 tbsp	6 tbsp
Egg*	1	1 ½	2
Salt for the Mixture*	½ tsp	1 tsp	1 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	535g	100g
Energy (kJ/kcal)	2351/562	440/105
Fat (g)	22.2	4.2
Sat. Fat (g)	6.5	1.2
Carbohydrate (g)	79.8	14.9
Sugars (g)	24.8	4.6
Protein (g)	16.0	3.0
Salt (g)	2.80	0.52

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

2) Nuts 7) Milk 9) Mustard 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

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Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7.

Quarter, core and thinly slice the **apple** (no need to peel). Trim the bottom 2cm from the **asparagus** and discard.

In a small bowl, combine the **soured cream** and **wholegrain mustard**. Season with **salt** and **pepper** and mix well.

In a large bowl, combine the **cider vinegar**, **sugar** and **olive oil for the dressing** (see pantry for both amounts). Season with **salt** and **pepper** and mix together.



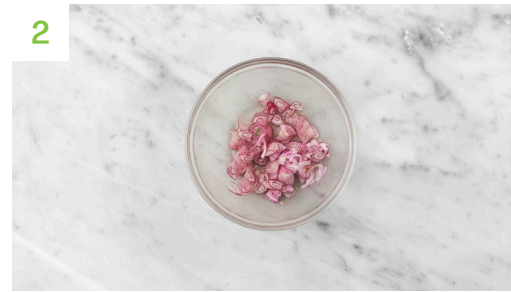
Time to Fry

Heat a large frying pan to medium-high heat with enough **oil** to coat the bottom.

Once hot, place heaped tablespoons of the **kartoffelpuffer mixture** (in batches) into the pan. Flatten them slightly with the back of your spoon, then fry until golden and cooked through, 4-5 mins each side. **TIP: Don't flip them too early, they need time to set.**

Once cooked, transfer to a plate lined with kitchen paper.

Keep cooking in batches until all the **mixture** is used up - you should get **4-5 pancakes** per person. **TIP: Add extra oil in between batches if needed.**



Get Grating

Peel and coarsely grate the **shallot**, then add to a large bowl.

Peel the **potatoes** and coarsely grate them too.

Pop the **potatoes** in the centre of a clean tea towel, wrap up and squeeze out as much of the **potato liquid** as possible.

Alternatively, pop the **potatoes** in a sieve over a sink with a sprinkle of **salt**. Press down with the back of a spoon to squeeze out as much liquid as possible.



Roast the Asparagus

While your **fritters** are cooking, pop the **asparagus** onto a baking tray.

Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

Roast the **asparagus** on the middle shelf of your oven until tender, 10-12 mins.

When everything's ready, toss the **baby leaves**, **apple** and **walnuts** through the **dressing bowl**. **TIP: Don't add the leaves too early or they'll go soggy.**



Make the Mixture

Once you have removed as much of the moisture as possible in the **potatoes**, transfer to the **shallot** bowl.

Add the **flour**, **egg** and **salt** (see pantry for all).

Season with **pepper** and mix together until well combined.



Serve Up

Share your **kartoffelpuffer** between your plates. Serve the **roasted asparagus and apple salad** alongside.

Serve with the **mustard soured cream** and **apple and sage jelly** for dipping.

Enjoy!