

MINESTRONE SOUP (makes 6 portions)

2 tsp of **oregano**

2 tsp **cumin**

½ tsp **cayenne powder**

2 tsp **smoked paprika**

1 medium **onion** or **wild onions**

4 **garlic cloves** or **chives**

1 **chilli**

1 **leek**

1 large **carrot**

1 **beetroot**

1 **sweet potato**

green beans

1 **red pepper**

1 large **aubergine**

4 large **mushrooms**

1 tbs **tomato puree**

160 g **curly kale**

1 tin **chopped tomatoes**

¼ cup **pearl barley** (soaked overnight)

1200 ml **veg stock** (yeast extract) + 1 dsp **tamari** + 1 dsp **balsamic vinegar**

tin **red kidney beans**

½ cup of **peas**

100 g **spaghetti** (broken into small pieces)

cashew cream (1 cup of **cashews** soaked overnight and liquidised with a small amount of water)

croutons to serve

Saute the **spices**, then add the **onions, garlic, chilli** (adding water if necessary). Cook until they start to soften.

Add the **beetroot, green beans, carrot, sweet potato, red pepper** and **leek**, mix well for 2-3 mins.

Add the **aubergine, mushrooms** and **tomato puree**. Do the same.

Finally the **curly kale, tomatoes, stock, pearl barley, red kidney beans** and **peas**. Bring to a boil, turn off heat and allow to cool slightly.

Remove half of the ingredients and liquidise thoroughly.

Return everything back to the wok, add the **cashew cream** and bring to the boil. Add the **spaghetti** and cover, simmering on lowest heat for **15 minutes**, stirring regularly to stop spaghetti from clumping. Allow to cool slightly (10 mins) before serving.