

BORSCHT (makes 6 portions)

1 cup **cashews** (soaked overnight)

2 tsp **mustard seeds**

½ tsp **cayenne pepper**

1 tsp **dill**

1 **onion**

3 stalks **celery**

1 red **chilli**

thumb of **ginger** (grated)

5 medium **beetroot**

3 medium **sweet potatoes**

1 large **carrot**

2 cups **red cabbage**

180 g **curly kale**

100 g **baby spinach**

1200-1500 ml **miso stock**

2 tbsp **white wine vinegar**

black pepper

Liquidise the **cashews** into a thick cream.

Saute the **spices**, then add the **onion, celery, chilli** and **ginger** and fry on a low heat until soft/starting to caramelise.

Add **carrot, sweet potatoes, carrot** and **red cabbage** and **sweet potatoes**, followed by **curly kale** and **spinach**.

Mix in the cashew cream, followed by enough stock to fill the wok. Cover, bring to the boil then reduce the heat and simmer for 15 minutes.

Add **vinegar** and plenty of **black pepper**.

Liquidise, then reheat to serve.