

KALE PESTO PASTA WITH MUSHROOMS (makes 6 portions)

1 tbsp **tamari**
1 tsp **basil**
8 **garlic cloves**
1 **chilli**
1 cup **wild onion flowers** or 200g **sweet shallots**

3/4 cup **cashew nuts** (halved)
160 g **curly kale**
200 g **cavolo nero**
150 g **spinach**

1.5 cups **peas**
1 cup **walnuts** (chopped)
50 g **parsley** or coriander or basil
1 dsp **lemon juice**

1 tsp **sweetner** (ie agave syrup)
1 dsp **miso**
1 tsp **yeast extract**
2 tsp **smoked paprika**
400 g **carrots** (grated)
500 g **swede** (grated)
600 g **mushrooms**

180 g **tagliatelle** (for two servings)

black pepper

Heat some oil with the **tamari** and **basil**, then the **garlic**, **chilli** and **onions**. Stir-fry until soft (adding water if necessary to stop sticking).

Add the **cashew nuts** and cook for a few minutes, then the **kale**, **cavolo nero** and **spinach**, cooking until they start to wilt.

Allow to cool, then along with the **peas**, **walnuts**, **parsley** and **lemon juice**, put it all through a mincer (or blender) to make into a paste. Set aside.

Heat some oil and add the **sweetner**, **miso**, **yeast extract** and **paprika**. When it begins to bubble mix in the **carrots**, **swede** and **mushrooms**. Cover and cook on a low heat until everything is soft, then add the **pesto**.

Boil the **tagliatelle** and drain. This then needs to be mixed in with the sauce for a few minutes. If you are serving less than the full 6 portions use the pasta saucepan for this.

Season with **black pepper**.