

PAULINE'S CASHEW PAELLA-RISOTTO (makes 4-6 portions)

2 **onions**
6-8 **garlic cloves**
1 **chilli**

1 ¼ cups **basmati rice**
1 cup **cashew nuts**
1 tsp **paprika**
2 tsp **basil**
1 level tsp **chilli powder**
1 dsp **tamari**
1 dsp **miso**

200 g **pumpkin**
2 **carrots** (cut into short strips)
3 sticks **celery** (cut into short strips)
2 red **peppers** (cut into short strips)
400 g **mushrooms**
100 g **baby spinach**
180 g curly **kale**
½ cup **peas**

2 tins **chopped tomatoes**

olives

Sauté the **onion** until soft, then add the **garlic** and **chilli**. Cook for 2-3 mins.

Add the **rice**, **cashew nuts**, **spices**, **tamari** and **miso**. Cook until the rice and nuts are slightly roasted.

Add the **pumpkin**, followed in the order they take to cook, **carrots**, **celery**, **peppers**, **mushrooms**, **spinach**, **curly kale** and **peas**.

Add the **tomatoes** and bring to the boil. Add boiling water as required. Cover and simmer on lowest heat for 30 mins (or until the rice is cooked).

Serve garnished with **olives**.