

## **MINISTRONE** (makes 6 portions)

**cashew cream** (see recipe below)

2 tsp of **oregano**  
2 tsp **cumin**  
½ tsp **cayenne powder**  
2 tsp **smoked paprika**

1 medium **onion** or **wild onion tops**  
4 **garlic cloves** or **chives**  
1 **chilli**

1 large **sweet potato**  
1 large **carrot**  
1 large **beetroot**  
handful **green beans**  
1 **leek**  
1 **red pepper**  
1 large **aubergine**  
180 g **curly kale**

1 tbsp **tomato puree**  
2 tins **tomatoes**

+/- 500 ml **stock** (1 tsp **yeast extract** + 1 dsp **tamari** + 1 dsp **miso**)

¼ cup **pearl barley**

1 cup **red kidney beans** (soaked overnight, pressure cooked for 15-20 mins, save the liquid for stock)

300 g **mushrooms**

½ cup of **peas**

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

Sauté the **spices** on lowest heat for 5-10 mins.

Add **onions, garlic** and **chilli**, cook until they soften.

Add the **cashew cream**, then when that is hot add the veg in the order above (hardest first), mixing each in well before adding the next.

Mix the **puree** with the **tomatoes** and add.

Add **stock, pearl barley** and **red kidney beans**. Cover, bring to a boil then simmer on lowest heat for 15 mins. Turn off and allow to cool, then liquidise approximately 75%.

Fry the **mushrooms** without oil until soft.

Return the soup to the wok and add the **mushrooms, peas** and **spaghetti**. Cover, bring to the boil and simmer on lowest heat for 20 mins. Stir regularly to stop spaghetti clumping.

### **cashew cream**

¾ cup **cashews** (soaked overnight and drained)

¼ **cup** coconut milk powder  
1.5 **tbsp oil**  
1.5 **tbsp lemon juice**  
1.5 **dsp** apple cider vinegar  
1 **tsp** sweetner (eg agave syrup)  
1 **tsp mustard**  
+/- 200 **ml water**