

MUSHROOM STROGANOFF (makes 6 portions)

cashew cream (recipe below)

900 g **mushrooms**

2 tsp **yeast extract**

2 tsp **paprika**

1 tsp **smoked paprika**

2 tsp **red pepper flakes**

1 tsp **thyme**

1 large **onion**

6 **garlic cloves**

1 **red chilli**

50 g fresh **coriander leaves**

400 g **cauliflower**

400 g **leeks**

1 large **carrot** (grated)

125 g **spinach**

180 g **curly kale**

1 cup frozen **peas**

4 cups of **pasta** (**gigli** is excellent for this)

fresh **parsley/ tarragon** to serve

Make the **cashew cream**.

In the wok gently heat the **mushrooms** (without oil) until they soften, then add the yeast extract and save to a bowl.

Sauté the **paprika, smoked paprika, red pepper flakes** and **thyme** with some oil until they release their aromas.

Add the **onion, garlic** and **chilli**. As they start to soften add the **coriander leaves**, cook until everything is soft.

Add the **cauliflower**, mixing in well, followed by the **leeks, spinach** and **curly kale**. Add water if necessary.

In a separate pan, start heating some water on a low heat for the **pasta**.

Now add the **cashew cream** to the stroganoff, cover and gently bring to the boil. Turn down the heat to low and simmer for 15 mins. Adding water if necessary.

Cook the **pasta** and when that is ready drain add to the stroganoff, along with the peas. Stir thoroughly. Turn off the heat and allow to rest, before reheating and serving with fresh **parsley** or **tarragon**.

cashew cream

1.5 cups **cashews** (soaked overnight and drained)

½ cup **coconut milk powder**

3 tbsp **oil**
2 tbsp **lemon juice**
2 dsp **apple cider vinegar**
1 tsp **sweetner** (eg agave syrup)
1 tsp **mustard powder**
4 tbsp **chickpea flour**
1 dsp **miso**
1 tbsp **tamari**

Liquidise everything together with sufficient **water** to make into a cream.