

SPICY MOROCCAN CARROT SOUP (makes 6 portions)

cashew cream (see recipe below)

$\frac{3}{4}$ cup **cannellini** beans (soaked overnight & pressure cooked for 8-10 mins, saving the **aguafaba**)

2 tsp **cumin**

2 tbsp **coriander**

$\frac{1}{2}$ tsp **cinnamon**

$\frac{1}{4}$ tsp **cayenne pepper**

3 tbsp **sesame seeds**

2 tsp **thyme**

2 tsp **sumac**

1 **onion**

1 **chilli**

4 **garlic** cloves

2 **red peppers**

1 kg **carrots**

500 g **sweet potato**

1 **sweet apple**

200 g **kale** (discarding the stalks)

2 tins **tomatoes**

700 ml **vegetable stock** (**aguafaba** + 1 dsp **miso** + 1 dsp **tamari** + 1 tbsp **tomato puree** + $\frac{1}{2}$ tsp **basil**)

$\frac{1}{2}$ cup **orzo**

Sauté the **spices** (& **sesame seeds**) on lowest heat until they release their aroma.

Add the **onion**, **chilli**, **garlic** and **red peppers**, cooking until soft.

Add the **vegetables** and **apple**, mixing thoroughly.

Add the **cashew cream**.

Add the **tomatoes**, **stock** and **beans**. Cover, bring to the boil, simmer on low heat for 15 mins.

Turn off the heat and allow before liquidising half, then returning everything to the wok, adding the **orzo**, covering and simmering for 15 mins.

cashew cream

$\frac{3}{4}$ cup **cashews** (soaked overnight and drained)

$\frac{1}{4}$ cup **coconut milk powder**

1.5 tbsp **oil**

1.5 tbsp **lemon or lime juice**

1 dsp **apple cider vinegar**

1 tsp **sweetner** (eg agave syrup)

1 tsp **mustard**

Blend everything together with enough **water** to achieve a thick cream consistency.