BORSCHT (makes 6 portions)

cashew cream (see recipe below)

1 dsp **dill**
2 **bay leaves**
1 tsp **caraway seed**
2 tsp **baharat spice mix**

1 **onion**
3 stalks **celery**
1 red **chilli**
4 **garlic cloves**

600 g **beetroot**
1 medium **sweet potatoes**
1 medium **potato**
2 large **carrots**
100 g **red cabbage**
200 g **kale**
250 g **baby spinach**

2 tins **tomatoes**

¾ **cup red kidney beans** (soaked overnight & pressure cooked for 15 mins)

miso stock

black pepper

Sauté the **spices** until they release their aromas, then add the **onion, celery**, **chilli** and **garlic**. Fry on a low heat until soft/ starting to caramelise.
Add the **beetroot**, **sweet potatoes**, **potato** and **carrots**. Mix together well.
Add the **cashew cream**, **tomatoes** and **beans**. Mix well.
Add some of the stock, then the **red cabbage**, **curly kale** and **spinach**. Fill the wok to the top with the more stock. Cover and simmer on low heat for 25 mins.
Allow to cool, add plenty of **black pepper**, then liquidise 2/3, using extra stock if necessary.
Reheat to serve.

cashew cream

¾ **cup cashews** (soaked overnight and drained)
¼ **cup coconut milk powder**
1.5 tbsp **olive oil**
1.5 dsp **lemon juice**
1 tbsp **apple cider vinegar**
1 tsp **mustard**
Blend everything together, adding enough water to achieve desired consistency.

https://a-simpler-life.co.uk/what-we-eat-some-of-those-recipes/#borscht