

(VEGAN) CASHEW CARBONARA

UNION
WELCOME!
MONTH!

Ingredients

200g Cashews	1/4 tps Paprika
200 ml Soya milk (Almond/oat)	50g Button mushrooms finely diced
1 Onion finely diced	25g finely grated vegan cheese
1 tps Garlic puree	Salt/pepper
50g Vegan bacon/ham sliced	1 tsp chopped parsley
400g-500g Vegan spaghetti	Oil for cooking
1/2 tps Thyme	

To serve

E.g. Garlic bread. Rocket sun blushed tomato salad.

Method

1. Soak cashews for 10 minutes in boiling water until soft.
2. Strain the cashews removing all water. Put the cashews, paprika and milk into a blender/smoothie maker and blitz! This will be your creamy base.
3. Next bring a non-stick frying pan to a medium heat. Add a drizzle of oil followed by the onions, garlic, thyme, vegan bacon and mushrooms. Cooking until soft then remove from the heat.
4. Now to cook the spaghetti. Bring a pan of water to the boil adding a pinch of salt. Add the spaghetti cook for 8=10 minutes until cooked. Then strain.
5. Bring your frying pan back to the heat. Add your creamy base bring that to a simmer then add the spaghetti and cheese. Stir for 1 minute seasoning to taste then serve with a sprinkling of parsley. Enjoy.