



KALE ALFREDO WITH SHITAKE

Ingredients

ALFREDO SAUCE

*2 cups soaked cashews
1/2 cup nutritional yeast
1 cup water
1 teaspoon salt
1 teaspoon onion powder
1 clove garlic*

Blend all ingredients until smooth

SHITAKE

*200 grams shitake mushrooms, sliced
2 tablespoons tamari
1 tablespoon water
1 tablespoon maple syrup
1 teaspoon paprika*

Marinate for 10 minutes then fry in pan. Set aside.

KALE

*1 small bunch kale
1/2 tablespoon olive oil
pinch salt*

Lightly saute kale in oil and salt.

PASTA

200 grams of pasta of choice - cook to instructions.

Make all elements of the dish. Blend Alfredo sauce, saute shitake and Kale separately and then mix with pasta.