



LASAGNE WITH A PECAN NUT & SMOKED PAPRIKA FILLING

Jay
Halford

GLUTEN FREE > DAIRY FREE > VEGAN >

INGREDIENTS:

Recipe Makes 4 Servings

Pecan Nut & Smoked Paprika Filling:

- 100g pecan nuts
- 50g cashew nuts
- 50g sun-dried tomatoes
- 50g green kalamata olives
- 2 cloves garlic
- 1 teaspoon smoked paprika
- 1 teaspoon cumin
- pinch of pink himalayan salt

Pecan nut mix will keep for 5-7 days.

Green Basil Pesto

- 100g smoked sunflower seeds
- 50g cashew nuts
- 1 clove garlic
- 1/4 red onion
- large handful of fresh basil
- 40g nutritional yeast
- dash of apple cider vinegar
- juice of 1 whole lemon
- pinch of pink himalayan salt

Pesto will keep for 5-7 days.

METHOD:

Pecan Nut and Smoked Paprika Filling:

Place your pecan nuts and cashew nuts into a food processor and break them down leaving them chopped but still fairly chunky.

Add your finely chopped garlic, cumin, smoked paprika and salt and quickly pulse again to mix them into the nuts.

Add the sun-dried tomatoes and olives and process well.

This always works better in a food processor as it has a much bigger surface area, if you wanted to just try and do this in a blender it would blend it into more of a puree, I like to have the nuts just broken down so it's still got a good bite to it.

Green Basil Pesto:

Place all the ingredients into a blender and blend to a thick puree.

Tomato Sauce:

Place all the ingredients into a blender and blend to a thick sauce.

Pasta Sheet (courgette):

Top and tail your courgettes.

Slice them finely on a mandolin, lengthways so that you are getting long fine sheets. If your courgettes are huge I would then cut the sheets in half.

Place them in a tray and lightly salt and leave them until you are ready to start building the lasagne.



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INGREDIENTS:

Tomato Sauce:

- 2 whole fresh tomatoes
- 50g sun-dried tomatoes
- 50g soaked cashew nuts
- 1/4 red onion
- 1 clove garlic
- 2 teaspoons smoked paprika
- 30g nutritional yeast
- 30ml tamari or liquid aminos
- 50ml water

Tomato sauce will keep for 5-7 days.

Pasta Sheet Courgette:

- 2 large courgettes
- pinch of pink himalayan salt

Cashew Nut Cheese:

- 100g soaked cashew nuts
- 2 cloves garlic
- juice of 1 whole lemon
- 50g nutritional yeast
- 50ml water
- pinch of pink himalayan salt

The cheese will get stronger as it ages and will last for at least 1 week.

METHOD CONT:

Cashew Nut Cheese:

Place all the ingredients into a blender and blend to a thick puree.

Put into a piping bag or bowl until you are ready to serve.

Marinated Mushrooms and Onion Rings:

Chop or slice your mushrooms.

Peel your onions whole and cut into onion rings.

Once the above is prepped, put it all into a container and cover with equal amounts of cold pressed olive oil, tamari and apple cider vinegar.

Garnishes and Extras:

Thinly slice your cucumber and add into the layers of your lasagne.

Thinly slice your tomato and add into the layers of your lasagne.

Alfalfa to be served on top of your lasagne once its totally built.

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INGREDIENTS:

Marinated Mushrooms & Onion Rings:

- 2 large portobello mushrooms
- 1 whole red onion
- 100ml tamari or liquid aminos
- 100ml apple cider vinegar
- 100ml cold pressed olive oil

Will keep for 14 days if refridgerated and submerged in the liquid.

Garnishes & Extras:

- 1 tomato
- 1 cucumber
- alfalfa sprouts