



SMOKED PECAN TACOS WITH A CREAMY CASHEW CHEESE

Jay
Halford

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INGREDIENTS:

Romaine Lettuce Taco Shells:

- one head of romaine lettuce

Smoked Pecan Nut Filling (makes enough for 10 tacos):

- 150g pecan halves
- 50g sun-dried tomatoes (soaked and hydrated)
- 50g pitted green olives
- 1/2 teaspoon of pink himalayan salt
- 2 teaspoons of smoked sweet paprika
- 1 teaspoon of garlic powder
- 1cm chunk of fresh ginger (finely grated)

Tomato & Red Pepper Salsa (makes enough for 10 tacos):

- 1 whole tomato
- 1/2 red pepper
- 1cm chunk fresh ginger
- 1/4 red onion
- small handful fresh basil
- 30ml apple cider vinegar
- 30ml tamari or liquid aminos
- 50ml of cold pressed rapeseed oil

METHOD:

For the Taco Shells: (Do this once all other elements are made)

Peel the individual leaves from your head of Romaine lettuce, snapping them at the bottom.

Use your Romaine lettuce leaf as your taco shell.

Give it a wash and lay it out flat on the surface in front of you, ready to fill with all your other elements.

Push firmly down on the stem to crack it if your leaf is curling slightly.

Smoked Pecan Nut Filling:

In your food processor or blender, pulse your pecan nuts to break them up but still keeping them slightly chunky.

Add your sun-dried tomatoes, olives, salt, paprika, garlic and grated ginger to the pecans.

Blend this up in your food processor until it starts to form a slightly chunky paste mix.

Add in your water as needed (you may not need it at all, it is just for consistency and to help it blend).

Tomato and Red Pepper Salsa:

Very finely chop your ginger, red onion and basil and add together into a mixing bowl.

With a slightly larger dice (about 0.5 of a cm square), dice your tomato and red pepper, add this into the bowl with the rest of your finely chopped ingredients.

Add your apple cider vinegar, tamari and rapeseed oil into your bowl of ingredients and marinate for 2-3 hours.



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INGREDIENTS:

Cashew Nut Cheese (makes enough for 10 tacos):

- 100g cashew nuts
- 10ml splash apple cider vinegar
- 60g nutritional yeast flakes
- pinch of pink himalayan salt
- 1/2 cup filtered water
- juice of half a lemon

Diced Avocado:

- 1/4 of an avocado per taco

Garnish:

- a sprinkle of nutritional yeast flakes to garnish your tacos

METHOD:

This salsa will last in the fridge for easily more than a week if it's fully covered by the marinade.

Cashew Nut Cheese:

Soak your cashew nuts in filtered water for 2-4 hours (drain and rinse well before use).

In to your blender, add your cashew nuts, apple cider vinegar, nutritional yeast, salt, the juice of half a lemon and the water.

Blend on full speed until it is super smooth. This should take approximately 45 seconds in a high speed blender or food processor.

Assemble by laying your romaine lettuce leaf flat on your surface and filling with a central line of your pecan nut filling (a full large tablespoon).

Then...

Spoon around a tablespoon of your tomato salsa over your pecan nut filling (avoid getting too much of the marinade on your spoon, you really just want the chopped mix, you can drain it off the spoon when you take it from the bowl).

Then...

Dice your avocado over the top of your salsa.

Then...

Spoon or pipe your cashew cheese over your whole taco.

Then..

Sprinkle with nutritional yeast to garnish.