

# RAW WALNUT BOLOGNESE

Vegan

## INGREDIENTS

2 cups Walnuts  
1 cup Sun-dried Tomatoes  
2 tbsp Tomato paste  
2 tbsp Olive oil  
2 tsp dried Oregano  
2 tsp dried Basil  
2 tsp ground Cumin  
2 tbsp ground Paprika  
Pinch cayenne pepper  
800g Zucchini for spaghetti

## PESTO INGREDIENTS

2 cups Basil leaves  
2 x handfuls Spinach  
1/3 cup Pumpkin seeds or Cashews  
1 x Lemon  
1/3 cup Olive oil  
1/4 cup Savoury yeast flakes

## VEGAN PARMESAN

1/4 cup Savoury yeast flakes  
3/4 cup Cashews or Pinenuts  
1 tsp Salt flakes

## NOTES

## METHOD

### WALNUT MEAT

1. Soak sun-dried tomatoes in warm water.
2. Chop walnuts or blitz in your food processor until you have a crumble consistency, keeping some chunky bits. Then add to a medium sized bowl.
3. In the food processor add the dried tomatoes with 1/4 cup of tomato water from soaking tomatoes. Add olive oil, oregano, basil, cumin, paprika, cayenne pepper and salt. Then blitz until a reasonably smooth consistency, no need to be perfect.
4. Add the tomato mix to the walnuts and mix through. You don't want the walnut meat to be soggy or too dry, so adjust accordingly. Season with salt + pepper.

### PESTO

5. Add all ingredients to the food processor and blitz until you reach the desired consistency, I like it to have a little bit of texture. Work the pesto through the zucchini noodles, then top with walnut bolognese and a sprinkle of vegan parmesan.

### VEGAN PARMESAN

6. Add all ingredients to the food processor and blitz into a crumble to sprinkle over raw pasta.