Cashew And Sundried Tomato 'Pasta'

This is gluten free, and it fits into the Keto and Paleo guidelines – I generally have it as a vegetarian meal, however you could add some chicken to up the protein content.

Serves 2 (approximately)

'Pasta'
2 Zucchini's
1 Carrot

Sauce
1 cup Cashews (it works with anything - Cashews, Pine nuts....or a mix of what you have in your pantry)
½ jar Sundried tomatoes
1 Garlic Cloves
Spinach
Juice and Zest of One Lemon
Olive Oil
Salt and Pepper

Extra Bits
Olive Oil and Butter
More spinach
Chilli (2 small hot ones!)
2 Garlic Cloves
4 button mushrooms
Olive Oil
Goats Cheese to serve

Method

1. Spiralise the Zucchini and Carrot to make your 'pasta'. A 'Vegetti' works a treat (available from your local post office – would you believe it?!?!), or use a spiralizer/grater. Put this to the side in a bowl and cover with boiling water (just to soften and heat the veggies).

2. Add the sauce ingredients to a high powered blender and process to desired consistency (I quite like to keep it a bit 'chunky').

3. In a frying pan add a generous dash of Olive oil, garlic, chilli, rosemary and fry until fragrant. Add in the mushrooms and fry until soften. (this is where you would add chicken to the pan if you were adding it).

4. Drain the 'pasta' and add to the fry pan, and then stir through the cashew and sundried tomato sauce – it can take a bit of stirring to get it through evenly.

Dish up in bowls with and extras you might desire.

Serve with love ☺

Getting the balance Right.........
Having returned to work after having a baby, Hayley understands more than ever the importance of balance in life, and in health. Working as a Naturopath, Bowen Therapist and Yoga teacher, Hayley is passionate about helping people live their happiest, healthiest and most joyous life.

Healing through Joy– forms the basis of Hayleys wellness philosophy. She believes it is fundamental that we understand that our expectations and experience of health are highly individual (and ever evolving!).