Raw Taco Salad

Ingredients

Walnut Taco Meat (4 serves)

1 cup (150g) walnuts
1/2 packed cup (50g) sun-dried tomatoes
1/2 tsp cumin
1/4 tsp garlic powder
1/8-1/4 tsp salt (adjust to taste)
pinch chili (or more if you like it hot)
pinch cayenne pepper

Cashew Sour Cream (12 serves)

1 cup (140g) cashews, soaked 1-2h (soaking optional)
scant 1/4 cup (55g) lemon juice
1/4 tsp salt
1/3 cup (85g) water
2/3 cup (95g) ice

Salad (1 serve)

2 cups rocket (arugula)
1/4 cup Walnut Taco Meat (see above)
1/2 med avocado
1 med tomato
1 tbsp Cashew Sour Cream (see above)
1 tbsp spring onion, sliced

Method

1. Cover the sun-dried tomatoes in water and leave to soak for 2 to 8 hours. Drain.
2. Process all of the walnut taco meat ingredients in a food processor until well combined, but still chunky.
3. Blend all of the cashew sour cream ingredients in a blender until smooth and creamy.
4. Assemble salad ingredients in a large bowl (one per person), serve and eat.

Makes

4 serves of taco meat
12 serves of cashew sour cream

Equipment

Food processor, blender

Advance preparation

- Soak sundried tomatoes (2 - 8 hours)
- Soak cashews (2 hours, optional)

Tips

The ice in the sour cream recipe helps to keep the sour cream cold while you blend it thoroughly. Without the ice, your sour cream may overheat before it is blended sufficiently, especially in a high-speed blender.

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