

Carrot and Cashew Nut Pâté

(Serves 4-6)

This recipe comes from a book for people with allergies, which I really enjoy as it cleverly combines ingredients.

This is a nice “vegetarian Pâté” and can be made without adding any salt (though I put some in) which I use as a dip as well as a spread.

Ingredients:

255g (9 oz) sliced carrots
115g (4 oz) cashew nuts
5ml (1 tsp) chopped mint
3ml (½ tsp) grated orange rind
15ml (1tbsp) chopped chives or spring onions
Black pepper
15ml (1tbsp) orange juice
15ml (1tbsp) Philadelphia cheese

- Cook the carrots in a little water until just soft. Sieve and cool.
- Place the cashew nuts in a food processor and process until finely ground.
- Add the carrots, mint, orange rind, onions (or chives) and pepper and process again.
- Taste, add seasoning. Add Philadelphia and process again.
- If necessary, add a little more orange juice to obtain a smooth Pâté.