



The Gathered Green

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BAKED POTATOES WITH CREAMY CASHEW MUSHROOM SAUCE

Thank you to Chef Cynthia Louise for this great recipe and myfoodbook.com.au for the picture.

Serves 4 to 6

Ingredients

- 800 grams of potatoes cut into uniform size halves or quarters
- 3 tablespoons of coconut oil
- 1/3 cup cashews soaked overnight and rinsed.
- 2 cloves garlic, chopped
- 1 tablespoon tamari
- 1 tablespoon fresh thyme, chopped
- 1 large onion, chopped
- 250 gms of mushrooms, sliced
- 1 teaspoon nutritional yeast
- 1 bunch bok choy, finely chopped
- Salt and cracked pepper to taste
- ½ bunch parsley, chopped





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Method

Preheat oven to 200 degrees. Place peeled and cut potatoes on a lined tray and drizzle with 2 tablespoons of melted coconut oil. Roast in oven for approximately 30 to 40 minutes, or until tender and golden brown.

While the potatoes are roasting, place the cashews (soaked and rinsed), garlic, tamari, and thyme into a high-speed blender. Blend until smooth.

Heat 1 tablespoon of coconut oil in a medium fry pan over medium high heat.

Brown onion before adding the mushrooms. Stir frequently until mushrooms are soft, approximately 5 minutes.

Pour the cashew sauce over the onions and mushrooms, and stir.

Sprinkle the nutritional yeast into the sauce and stir to thicken.

Add chopped bok choy to mushroom sauce and cook until slightly wilted and tender, stirring frequently.

Add salt and cracked pepper to taste.

Remove potatoes from oven and place in a serving tray/dish. Pour mushroom sauce over the potatoes and sprinkle with chopped parsley.

Enjoy!

Jane

