

VEGAN ASPARAGUS AND PESTO CASHEW CHEESE TART

SERVES 12

PREP 10 MIN | COOK 20 MINS

Ingredients

- 2 sheets puff pastry
- 350g silken tofu, drained
- ½ cup cashews, quick soaked
- ¼ cup nutritional yeast
- 1 tbsp shiro or light miso
- ½ tsp dried thyme
- 2 tbsp olive oil
- 4 tbsp vegan basil pesto
- 900g fresh asparagus, tough bottoms trimmed (2 bunches)
- 1 ½ tsp Everything Bagel spice

FOR THE LEMON ARUGULA:

- 4 cups arugula
- 2 tbsp extra virgin olive oil
- 2 tbsp lemon juice
- zest of 1 lemon
- dried chili flakes
- coarse salt

Method

1. Preheat the oven to 200°C. Line 2 baking sheets with parchment paper.
2. In a high-speed blender or a food processor, blend the tofu, cashews, nutritional yeast, miso, and thyme until smooth.
3. Place each pastry on prepared baking sheet. Using a sharp knife, score a 1" border on the puff pastry. Brush the border of each sheet with olive oil.
4. Spread 2 tbsp of pesto on each sheet of pastry, leaving the pesto off the borders. Gently spread about ¾ cup of the tofu-cashew mixture over the pesto. Place the asparagus over the tofu-cashew mixture, alternating tips to bases for a more balanced look. Sprinkle ¾ tsp of the Everything Bagel spice over the borders of each tart. Bake for 18-20 minutes or until dark golden. For best and even baking results, bake the tarts separately, keeping one in the fridge until baking.

FOR THE LEMON ARUGULA:

1. In a medium sized bowl, toss the arugula with the olive oil, lemon juice and lemon zest.
2. To serve, place half the arugula over each tart and sprinkle with additional coarse salt, pepper, and dried chilli flakes as desired.



Recipe Credit: crumbsandcaramel.com

