

Chilly, cabbage and corn

The following is the recipe for those with a Thermomix. For those who do not have one, the interpretation is in italics.

Cook your rice in the basket and set aside, keeping warm.

Place in bowl – *Chop and sauté in stock the following*

- 2 onions halved
- Thumb size ginger
- 20 g vege stock

Chop 10 seconds/speed 10

Cook 4 minutes/100°/speed 1

Add – *and continue to sauté*

- 160 g mushrooms chopped
- 3 cloves garlic chopped
- 2 or 3 chillies, or their equivalent, to your taste.

Cook 3 minutes/100°/speed 1

Add –*reduce the heat and keep cooking*

- 350 g cabbage roughly chopped
- 200 g corn kernels
- 3 tps capers
- 100 g water

Cook 8 minutes/100°/speed 1

Add – *and keep cooking.*

- Up to 2 cups [cashew cream](#)
- Salt and pepper to taste.

Cook 2 minutes/100°/speed 1

Cashew nut cream

This is a good alternative to coconut cream and useful for other recipes.

Place in bowl – *in a saucepan cook the following*

- 250 g potatoes
- 500 g water.
- ¼ tsp salt

Cook for 20 minutes/100°/speed 2

Add

- 250 g cashew nuts, soaked (2 - 8 hours) and rinsed.

Blend for 1 minute /speed 10 – until you get a creamy finish. *In a blender, blend at high speed until you get a creamy finish*

Store in refrigerator or freeze in ice blocks for future use.