

# Macaroni Cheese

---

Servings: 6 Servings

## Ingredients

3 cups of vegetables (steamed or stir fried)  
300g mushrooms fried (optional)  
1 ½ cups raw cashews (soaked for up to 6 hours)  
3 tablespoons lemon juice  
1 ½ cups water  
1 clove garlic  
1 tablespoon tahini  
¼ teaspoon pepper  
1 teaspoon salt  
¾ cup nutritional yeast  
¼ teaspoon turmeric  
¼ teaspoon smoked paprika  
½ teaspoon Dijon mustard  
400 gm macaroni (or you can use penne for gluten free)

## Method

1. Cook pasta according to the packet instructions.
2. Drain the soaked cashews and place them with the rest of the ingredients (not the steamed vegetables though) in a blender and blend until smooth. If the mixture is too thick add a little water. You want it at a consistency that it will spread through the pasta nicely.
3. Once the pasta is cooked drain and then place back into the saucepan and stir in the cashew sauce.
4. Serve the macaroni cheese with the vegetables you steamed or stir fried.



veet's  
**Vegan**

COOKING SCHOOL

Veet's Vegan Cooking School | [www.veets.com.au](http://www.veets.com.au) | © Copyright