

CASHEW NUT & FENNEL SOUP

- * 150g Crazy Jack Cashew Nuts
- * 1 Clove garlic crushed
- * 1 Fennel bulb chopped
- * 700ml water
- * 2 tbsp lemon juice
- * 1 tbsp olive oil
- * 2 shallots chopped
- * 1 Medium potato diced
- * Salt & pepper

1. Roughly chop 125g Crazy Jack Cashew Nuts in a food processor. Dry roast the remaining 25g and reserve for garnish.
2. Heat the oil in a large saucepan and sauté the garlic and shallots until soft. Add the fennel and potato and continue frying gently, stirring occasionally for 5-8 minutes until the vegetables are beginning to soften. Add the water, bring to the boil and simmer for a further 10 minutes until the vegetables are cooked.
3. Off the heat, stir in the chopped cashew nuts, cool slightly and blend until smooth. Return to the pan and heat through. Adjust the seasoning, and add lemon juice to taste.
4. Serve garnished with the reserved cashew nuts