

Less than 30 minutes (plus soaking time)

Makes 1½ (375ml) cups spread or 2 cups (500ml) dressing

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Ingredients:

- 3 packets (100g each) raw cashew nuts
- 1 punnet (20g) fresh coriander (using stems and leaves)
- 1 clove garlic
- Juice (30ml) of ½ lemon
- ½ tsp (3ml) each fine salt and milled pepper
- 1 cup (250ml) water

Method

1. Cover cashews with water and soak overnight.
2. Drain and transfer to a blender.
3. Add remaining ingredients and blend until smooth with a spreading consistency.
4. To make a dressing, combine ⅓ cup (80ml) water with half the mixture.
5. Store in separate jars for up to 2 weeks in the fridge.

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