



WELSH RAREBIT



Ingredients:

For the thick cheese sauce:

- 50 gr of cashew nuts - soaked in water overnight
 - 2 tsp of cornstarch
 - 1 tbsp of nutritional yeast
 - 50 gr of GreenVie Gouda
 - 150 ml of vegetable broth

For the caramelized onions:

- 1 head of red onion
- 1 tbsp of brown sugar
- Salt, black pepper





instructions

Add the sauce ingredients into a blender and blitz until super smooth.

Now transfer into a pan and cook until super thick - that should take about a minute.

Slice the onions thinly and start cooking in a hot pan with the sugar and season with salt and black pepper - that should take about 10 minutes.

Spread the onions on a piece of toast and top with the thick cheeze sauce
Roast under a grill for about 3-4 minutes.

enjoy!





