

Polenta Pie

POLENTA BASE (Recommended to make a day in advance)

- 1 cup polenta (cornmeal – not fine flour)
- 3.5 cups water

Mix polenta and water together in a pot & cook over a low heat until thickened stirring regularly. Set aside to cool.

BEANS & GREENS FILLING

- 1 large onion, sliced
- 2 tsp garlic, crushed
- 400g black beans, drained and rinsed
- 100-10g spinach leaves
- ½ cup diced red capsicum
- Chipotle sauce mixed with tomato sauce (for base) ¼ cup+

METHOD

1. Sauté onion until soft using a little water to prevent sticking. Add garlic, beans, and capsicum. Mix well and cook for 5-7 minutes for flavours to mingle with the beans.
2. Add spinach and stir through until just wilted. Remove from element and set aside.
3. Whilst the filling is cooking, take polenta and press into a nonstick stove-to-oven ready frying pan or other suitable round pan. Press flat with a potato masher. NB if polenta is made the day before you may need to warm it first to soften it slightly.
4. Spread the chipotle sauce (or sauce of your choice) over the polenta base and then top with the filling.
5. Drizzle with cashew sour cream if desired.
6. Bake in oven 180deg C 10-15 minutes.



QUICK CASHEW SOUR CREAM

1 cup raw cashews
½ cup water
1 tbsp lemon juice
¾ tbsp apple cider vinegar
Pinch of salt

Blend in a high-speed blender until smooth. Taste and add more lemon juice if desired.

For a smoother sour cream soak cashews for 10 minutes in hot water, drain and use.

Any remaining cashew cream will keep refrigerated for up to 5 days in a clean airtight jar.

