Vegan Hash

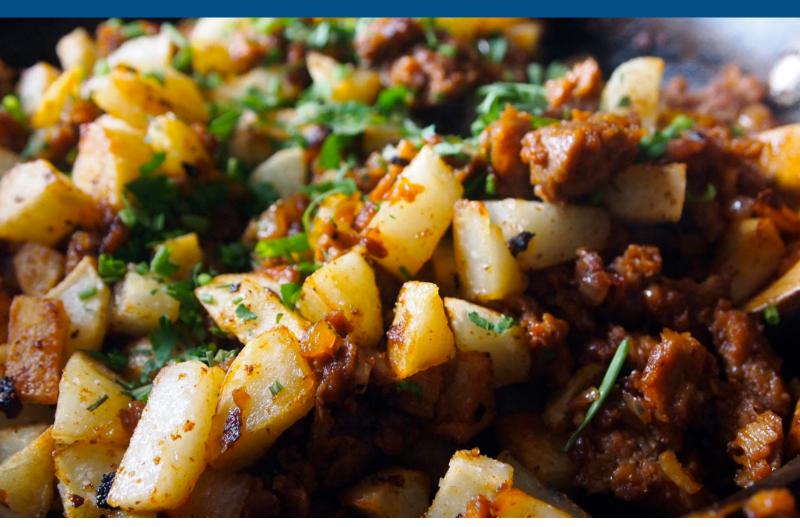**By Joelle Amiot**
Yield 4 servings

Ingredients:

- 1 cup shredded organic un-peeled zucchinis

- 1/2 cup small diced fresh organic green pepper

- 4 large fresh organic garlic cloves, fine chopped

- 1/2 cup grated fresh organic cauliflower

- 1 small organic jalapeño, finely diced

- 2/3 cup small diced fresh organic yellow onion

- 1/2 cup shredded un-peeled organic carrots

- 3/4 cup fine ground raw organic cashews

- 1/4 cup water

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- 1/2 cup course ground raw organic cashews

- 8 large fresh organic basil leaves, finely chopped

- 2 tablespoons cold pressed unrefined organic coconut oil

- 2 large organic green onions, finely sliced

- optional: 2 large ripe organic avocados, sliced

Method:

1. In a large mixing bowl, mix the zucchini, green pepper, garlic, cauliflower, jalapeño, yellow onions and carrot until evenly blended. This is your veggie mix.

2. In a separate bowl, mix the finely ground cashews with the water to form a paste, and add this to the veggie mix, mixing well.

3. Next, add in the course ground cashews and chopped basil and mix until blended well. This is your hash mix.

4. In a large non-stick skillet, heat your oil on medium heat until it is liquid. Move the oil around the pan to evenly coat. Now, spoon in the hash mix and spread evenly in the pan. Cover and cook for 10 minutes.

5. Remove the cover and flip the hash. Turn the heat up to high and cook while stirring often until the hash is a medium golden brown.

6. Remove from the heat and put on your serving plates. Garnish evenly with the green onions. Top with the sliced avocado (optional).

7. Enjoy!

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