

Afghan Vegan Halwa e Zardak

<p>Equipment:</p> <p>Measuring cups and spoons Graters Small frypan Large saucepan Wooden spoon</p>	<p>Ingredients:</p> <p>1kg carrots, grated 1/2 cup Nuttalex (or any other non-dairy butter or margarine) 1 1/2 cups rice milk 1 1/2 cups coconut cream (1 tin) 3/4 cup sugar 1 tsp ground cardamom 2 tbsps rosewater 1 cup of chopped pepitas</p>
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What to do:

1. Grate the carrots. Yep, a bit of a slog. If you have a food processor that has a grating attachment then you can do it in there, as long as it grates fine enough. Otherwise I recommend enlisting a helping hand to help you get through it all.
2. Melt the Nuttalex in a large pot. Add the grated carrot and cook over a medium heat and cook for about 10 minutes. The carrots should have started to soften and smell cooked.
3. Add the rice milk, coconut cream and sugar. Turn the heat to low and simmer, covered, for about an hour. It should thicken as it cooks, stir occasionally.
4. Add the cardamom and rosewater and stir through.
5. Heat a small (preferably non-stick) frypan and add the chopped pepitas. Toast over a medium heat, stirring often, for 2-3 minutes. Keep your eye on them so that they don't burn!
6. Transfer the warm pudding to serving bowls and top with the toasted chopped nuts.

Serve warm or room temperature.