



THOUGHTFUL COOKING WITH TINA

Vegan Parmesan-Style Nut Cheese Seasoning (DF, GF)

SERVES 5 · 45 MIN · GLUTEN-FREE · DAIRY-FREE

A vegan parmesan alternative made from nuts and seeds — rich, savoury and ready to sprinkle over pasta, soups and salads.

INGREDIENTS

60g lightly roasted walnuts
10g toasted white sesame seeds
7g nutritional yeast flakes
1/2 tsp asafoetida (or substitute with ¼ tsp onion granules)
1/4 tsp garlic granules
1 tsp mustard powder
1/4 tsp fine sea salt
Pinch of smoked paprika

ALLERGENS

Nuts · Sesame Seeds · Mustard

METHOD

1. Preheat the oven to fan 100°C (gas mark 1/2). Spread the walnuts on a baking tray in a single layer and roast for 30 to 45 minutes, stirring once halfway through. They should feel dry and lightly aromatic, but not browned. Set aside to cool.
2. Once cooled, gently rub the walnuts in a clean tea towel to remove some of the skins. This step helps reduce bitterness and improve texture.
3. Toast the sesame seeds in a dry frying pan over low heat for 2 to 3 minutes, stirring constantly. Remove them from the pan as soon as they become golden and fragrant. Leave to cool completely.
4. Place the walnuts and sesame seeds in a spice grinder, mini food processor, or use a pestle and mortar. Pulse or grind until finely ground but still dry and fluffy. Avoid over-blending, as the oils can cause the mixture to clump.
5. Transfer the mixture to a bowl and stir in the nutritional yeast, asafoetida (or onion granules), garlic granules, mustard powder, sea salt, and smoked paprika. Mix thoroughly until well combined.
6. Spoon into an airtight container and store in a cool, dry place. Use 1 to 2 tablespoons as a savoury topping on pasta, soups, roasted vegetables, or grain bowls.

PER SERVING · estimated

~91 kcal · Protein ~2.7g · Fat ~1.3g · Carbs ~2.7g · Fibre ~8.5g