

Pasta with Butternut Sauce & Wild Mushrooms



Recipe By FoodieBook

Ref: 222

Heading: Pasta

Cuisine: Italian

Food Type: Vegan

No of Portions: 4

Ingredients & Prep

450 g Butternut squash peeled

250 g Wild Mushrooms mix

250 g Pasta, any type dried

75 g Cashews nut roasted

2 Garlic cloves grated

2 Banana shallot finely chopped

1 Vegetable stock cube or gel pot

2 tbsp Olive oil

1/2 tsp Thyme dried

1/2 tsp Black pepper ground

Garnish

sprinkle Fresh parsley chopped

Method

Step 1 - Cut butternut squash into large chunks, coat in oil & roast in the oven on a baking tray at 200°C for 25 mins until soft.

Step 2 - Soak the cashews in hot water for 15 minutes until soft, drain then blend the cashews, butternut squash, vegetable stock, chopped garlic & salt in a blender until smooth to a consistence of custard, add a little water if required.

Step 3 - Cook the pasta to package directions.

Step 4 - Heat the olive oil in a non-stick pan large enough to add pasta a sauce later over medium-high heat, chop mushroom to equal size, add to the pan & fry, without stirring, until golden brown approx. 2 minutes, Stir & continue frying until golden on the other side, remove mushrooms to a plate, then quickly fry the shallots, grated garlic & thyme until soft & transparent, add the fried mushrooms & sprinkle over some salt & pepper.

Step 5 - Add the pasta & sauce & fried mushrooms, reserving some mushrooms to decorate the top. Sprinkle over some fresh chopped parsley

Suggestion & Tips

You can use pumpkin in the autumn when available, use different herbs, select half the amount for starters.