

Pasta Alfredo



Recipe By FoodieBook

Ref: 223

Heading: Pasta

Cuisine: Italian

Food Type: Vegan

No of Portions: 4

Ingredients & Prep

400 g Cauliflower roughly chopped

300 ml Water

250 g Pasta any type dried

75 g Cashew nuts raw unsalted

2 tbsp Olive oil

2 Garlic clove finely grated

1 Vegetable stock cube or gel pot

1 tsp Onion powder or granules

1/2 tsp Black pepper

2 pinch Nutmeg ground

Garnish

sprinkle Vegan Parmesan cheese or other grated

sprinkle Fresh parsley or chives finely chopped

Suggestion & Tips

You can use this creamy sauce for other dishes, use different herbs, select half the amount for starters.

Method

Step 1 - Cook pasta in salted water until its al dente (a little bite).

Step 2 - In the meantime heat the olive oil in a saucepan with a lid over medium heat, add the cauliflower & cashews fry for 4 minutes until lightly browned, add garlic & cook for 1 to 2 minutes until fragrant, add water, veg stock, onion powder, black pepper & nutmeg, bring to a simmer, then cover & cook 6 to 7 minutes on medium high heat until the cauliflower is soft when pierced with a knife.

Step 3 - Blend the sauce, either in a food processor, liquidiser or a stick blender until a smooth sauce forms.

Step 4 - Plate hot paste, then spoon sauce over or mix all together, sprinkle over garnish