

# Courgette & Basil Pasta Alfredo



## Recipe By FoodieBook

**Ref:** 225

**Heading:** Pasta

**Cuisine:** Italian

**Food Type:** Vegan

**No of Portions:** 4

## Ingredients & Prep

200 g Pasta of choice dried  
150 g Courgette cut into small cube  
130 g Cherry tomatoes cut in half  
100 g Butter beans tinned drained weight  
1 Onion med chopped  
70 g Raw cashews, soaked overnight  
70 ml Almond, soy or coconut milk  
30 g Fresh basil leaves chopped  
3 tbsp Olive oil  
1 Vegetable stock cube or gel pot  
1 Lemon zest only  
1 Garlic clove finely grated

## Suggestion & Tips

You can use different herbs, select half the amount for starters.

## Method

**Step 1** - Drain cashew add milk together & blitz to a smooth thick cream & leave aside.

**Step 2** - Cook pasta to al dente (just cooked), drain in a colander.

**Step 3** - 10 min before pasta is cooked, heat a pan large enough to take the pasta later, add olive oil, garlic & chopped onion & fry until very light brown, add cubed courgette & fry for 3 mins or until just soft, add butter beans, veg stock, cherry tomatoes, & cashew milk mixture, stir carefully & heat up, add fresh basil, cooked pasta & lemon zest, mix or toss carefully together, if a bit dry add a little pasta water & serve.