
Vegan Pink Pasta

Cook Time: 0 min

prep Time: 0 min

total Time: 0 min

servings: 0

Ingredients:

- 1 tablespoon olive oil
- 1/2 onion, minced + pinch of salt
- 4 garlic cloves, minced
- 2 cups mushrooms, sliced
- 2 teaspoons mixed Italian herbs
- 2 tablespoons tomato paste
- 1/2 teaspoon salt
- 1 teaspoon apple cider vinegar
- 2 tablespoons water
- 2 cups pasta of your choice

Cashew Cauliflower Sauce

- 1/3 cup raw cashews, soaked for 3 hours or overnight
- 1 1/2 cups steamed or boiled cauliflower
- 1 cup vegetable stock
- 2 tablespoons nutritional yeast

Instructions:

1. First off make the sauce by placing all the sauce ingredients (make sure cashews are pre-soaked) in the blender and blending until smooth. Set aside.
2. In a large saucepan, heat the olive oil over medium heat, add the onion with the pinch of salt and sauté for about 5 minutes until softened. Then add the garlic and sauté for 30 seconds only.
3. Add the mushrooms and cook for about 5 minutes until cooked through, then add the dried herbs, salt, tomato paste, vinegar, and water. Stir and then let it simmer for 5 minutes on a low heat.
4. Now add the sauce and mix the ingredients together.
5. At the same time as your making the sauce, cook the pasta according to the package instructions. When the pasta is ready, drain it and then add it into the frying pan and mix well with the sauce.
6. Transfer to a serving plate, garnish with some sun-dried tomato and cherry tomatoes if you like, and dig-in!