
Dairy-Free Mushroom Cream Pasta

Cook Time: 20 min

prep Time: 10 min

total Time: 30 min

servings: 4

Ingredients:

1 cup (140g) raw cashews, soaked for 3 hours

2 tablespoons avocado or olive oil

1/2 cup (65g) diced onion

3 garlic cloves, minced

250g button or shiitake mushrooms, quartered (if small just slice in half)

1/2 teaspoon salt (use slightly more if not using the miso)

1/2 teaspoon black pepper

1 tablespoon finely chopped fresh rosemary

2 tablespoons light miso (optional)

2 cups (200g) gluten-free pasta

2 cups (80g) tightly packed fresh spinach, roughly chopped if leaves are large

Instructions:

Heat the oil in a medium-sized frying pan over medium heat, then add the onion and sauté until translucent, about 5 minutes. Add the garlic and fry just until fragrant, about 30 seconds. Add the mushrooms with the salt and pepper, and sauté for 5 minutes. Then add the rosemary and continue to sauté for another 5 minutes. The mushrooms will be nicely browned.

Remove the pan from the heat and transfer half the mushrooms mixture to a blender, keeping the rest of the mushrooms in the pan. Drain the cashews and add to the blender with 1 cup (250ml) warm water and the miso if using. Blend until smooth. Taste and add salt and pepper to taste. If too thick add a little more water. Meanwhile, prepare your pasta as per package instructions.

2 minutes before the pasta is ready, re-heat the pan with the reserved mushrooms and add the spinach, sautéing briefly until wilted. Once the pasta is al dente, drain and pour it into the pan with the mushroom pan, followed by the mushroom sauce. Stir until all is warm and serve with fresh chopped rosemary sprinkled on top.