

CAULIFLOWER CASHEW CREAM PASTA

with Kale Ribbons

Serves: 4

INGREDIENTS

FOR CASHEW CREAM SAUCE

- ¾ cup raw unsalted cashews soaked in very hot water for 15 minutes
- 1 ¼ cup unsweetened non-dairy milk (soy, almond, cashew, etc.)
- 1 head of cauliflower
- 1 Tbsp. nutritional yeast
- ½ tsp. salt
- Juice of one lemon – zest it first and save the zest for the pasta!
- 2 tsp. garlic powder
- Pepper

FOR PASTA

- 1 head of cauliflower cut into bite-sized florets
- 1 bunch black/lacinato kale -leaves cut in half down the stem and then widthwise into ribbons
- 400g whole grain pasta
- Zest of a whole lemon
- 2 Tbsp. capers (optional)

NUTRITIONAL INFORMATION

Per serving (using soy milk in the sauce)

CALORIES 443

PROTEIN 19g

FAT 8g

FIBER 16g



INSTRUCTIONS

1. Boil enough water in a large pot for the pasta (6 cups or so).
2. While water is coming to a boil, make the cashew cream sauce by combining all cashew cream sauce ingredients in a food processor or blender to desired consistency and set aside.
3. Add dry pasta to boiling water and time to cook as per package directions.
4. When there is 3 minutes left on the time for pasta, add the kale ribbons and chopped cauliflower to the boiling water.
5. Drain the pasta (reserve about 1 cup of pasta water for later), cauliflower and kale in a fine mesh sieve or colander with small holes to save those little pieces of vegetables.
6. Toss pasta, vegetables and cashew cream sauce in the warm pot adding pasta water as needed to thin the sauce to your liking.
7. Add capers and lemon zest.
8. Serve and enjoy!

RECIPE NOTES:

- To make it nut-free, sub sunflower seeds for cashews.
- If you want a richer flavour and have more time you can try roasting the cauliflower in the oven at 400°F for 25-30 minutes.



EatPlantJoy