



U C O O K

— COOKING MADE EASY

Creamy Vegan Conchiglioni

with basil and lemon pesto, broccoli & cashew cream cheese

Yes, this creamy gem of a pasta is vegan! With green goodness from broccoli and baby spinach, richness from cashew cream cheese and nutritional yeast, and a little zing from chilli flakes and dairy-free pesto.

Hands-On Time: 20 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Tess Witney



Vegetarian

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Ingredients & Prep

125g	Conchiglioni Pasta
15g	Slivered Almonds
1	Onion <i>one half peeled & finely sliced</i>
200g	Broccoli Florets <i>finely chopped until a rice-like texture</i>
5ml	Vegetable Stock
50ml	Cashew Nut Cream Cheese
15ml	Nutritional Yeast
20g	Baby Spinach <i>rinsed</i>
15ml	Pesto Princess Dairy-Free Basil & Lemon Pesto
4g	Fresh Basil <i>rinsed & roughly sliced</i>
2.5ml	Dried Chilli Flakes

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. GET PREPPED Boil the kettle. Place a pot for the pasta over a high heat. Fill with boiling water, add a pinch of salt, and bring back up to the boil. Once the water is boiling rapidly, cook the pasta for 10-12 minutes until al dente.

2. WHILE THE PASTA IS ON THE GO... Place the slivered almonds in a pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion and set aside to cool.

3. GET STARTED ON THE SAUCE Return the pan to a medium heat with a drizzle of oil. When hot, fry the sliced onion for 3-4 minutes until soft and translucent, shifting regularly. Add the finely chopped broccoli and fry for 4-5 minutes until cooked al dente, shifting occasionally.

4. PASTA, PASTA, PASTA! Drain the cooked pasta, reserving the water. Toss through some oil to prevent sticking, cover with a lid, and set aside to keep warm. Dilute the stock with 100ml of the reserved pasta water, discarding the remainder.

5. CREAMY VEGAN SAUCE When the broccoli is cooked, stir through the diluted stock. Allow to simmer for 3-4 minutes until the broccoli is soft and the liquid has reduced. On completion, stir through the cashew cream cheese, the nutritional yeast, and three-quarters of the rinsed baby spinach. Add in the drained pasta and half of the basil & lemon pesto. Gently stir through until the pasta is coated in sauce. Season to taste and remove from the heat.

6. DISH IT UP! Make a bed using the remaining baby spinach and cover in a generous portion of heavenly pasta. Dollop with the remaining pesto and scatter over the fresh, sliced basil. Finish off with sprinklings of toasted, slivered almonds and chilli flakes to taste. Delish, Chef!



Chef's Tip

To cook food 'al dente' means that it should still be firm when bitten. It must be tender, but not soft. This typically refers to pasta, but also applies to other grains, as well as a range of veg. Remember this when you see 'al dente' in other recipes!

Nutritional Information

Per 100g

Energy	795kJ
Energy	190Kcal
Protein	7.8g
Carbs	25g
of which sugars	2.5g
Fibre	3.2g
Fat	5.8g
of which saturated	0.4g
Sodium	158mg

Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts

Cook
within 3
Days