

UCOOK

Broccoli & Cashew Cheese Pasta

with chickpeas & chilli flakes

Creamy and crunchy; this quick and easy broccoli & cashew cream cheese pasta is simple but totally delicious! Full of flavour, full of veg, full of goodness, what more could you want?


Hands-On Time: 25 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Hannah Duxbury

 Veggie

 Boschendal | 1685 Chardonnay

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Ingredients & Prep

375g	Whole Wheat Penne Pasta
600g	Broccoli Florets <i>cut into bite-sized chunks</i>
180g	Chickpeas <i>drained & rinsed</i>
15ml	Dried Chilli Flakes
185ml	Cashew Nut Cream Cheese
2	Lemons <i>1½ cut into wedges</i>
12g	Fresh Parsley <i>rinsed & roughly chopped</i>
30ml	Nutritional Yeast

From Your Kitchen

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

1. PASTA, PASTA, PASTA! Bring a pot of salted water to the boil for the pasta. When the water is boiling, cook the pasta for 8-10 minutes until al dente. Drain the pasta on completion, reserving a cup of pasta water, and return the cooked pasta to the pot. Toss through some oil to prevent sticking.

2. CHARRED BROCCOLI Place a pan, with a lid, over a medium-high heat with a drizzle of oil or a knob of butter. When hot, fry the broccoli chunks with a pinch of salt and pepper for 6-7 minutes until lightly charred, shifting occasionally. On completion, add a splash of water, cover with the lid, and simmer for 1-2 minutes until cooked al dente. Remove from the pan on completion.

3. CRISPY CHICKPEAS Return the pan to a medium-high heat with another drizzle of oil. When hot, add the drained chickpeas and fry for 12-15 minutes until crispy and caramel in colour, shifting occasionally. If they start to pop out, use the lid to rein them in. Season to taste.

4. ALL TOGETHER NOW To the pot with the cooked pasta, add the charred broccoli, the crispy chickpeas, ½ chilli flakes (to taste), and the cashew cream cheese. Loosen with the reserved pasta water, if necessary. Season with salt, pepper, and a squeeze of lemon juice (to taste).

5. SERVICE, CHEF! Dish up a heaping helping of the creamy broccoli and chickpea pasta. Garnish with the chopped parsley and the nutritional yeast. Sprinkle over the remaining chilli flakes (to taste) and finish it off with a grind of black pepper. Serve with any remaining lemon wedges. Well done, Chef!



Chef's Tip

If you would like an extra hit of flavour, add a generous sprinkle of vegan Italian-style cheese (or not vegan) over the top of your pasta!

Nutritional Information

Per 100g

Energy	816kJ
Energy	195Kcal
Protein	9.1g
Carbs	27g
of which sugars	2.4g
Fibre	3.8g
Fat	4.2g
of which saturated	0.1g
Sodium	15mg

Allergens

Gluten, Wheat, Tree Nuts

Cook
within 2
Days