



U C O O K

— COOKING MADE EASY

CREAMY BUTTERNUT PASTA

with fresh egg-free tagliatelle & cashew nut cream cheese

Dazzlingly fresh, egg-free pasta with a smooth sauce of roast butternut and cashew cream cheese, sprinkled with breadcrumbs and sun-dried tomatoes. This 'creamy' delight is totally vegan!

Hands-On Time: 30 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Tess Witney

 **Vegetarian**

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Ingredients & Prep

300g	Butternut Chunks cut into bite-size pieces
4g	Fresh Rosemary rinsed
30ml	Panko Breadcrumbs
10g	Fresh Parsley rinsed & roughly chopped
1	Lemon zested & cut into wedges
1	Onion peeled & finely diced
4	Garlic Cloves peeled & grated
60ml	Cashew Cream Cheese
30ml	Nutritional Yeast
250g	Fresh Egg-Free Tagliatelle Pasta
80g	Sun-Dried Tomatoes drained & roughly sliced

From Your Kitchen

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

1. ROAST BUTTERNUT Preheat the oven to 200°C. Spread out the butternut pieces and rosemary springs on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until cooked through and starting to crisp, shifting halfway.

2. ZESTY PANKO CRUMB Place the panko breadcrumbs in a nonstick pan over a medium heat. Toast for 2-3 minutes until lightly golden, shifting continuously as they colour. Toss through three-quarters of the chopped parsley, some seasoning, and the lemon zest to taste. Remove from the pan on completion and set aside for serving.

3. CREAMY SAUCE When the butternut is halfway, boil a full kettle. Return the pan to a medium-high heat with a drizzle of oil. When hot, sauté the diced onion for 3-4 minutes until soft. Add the grated garlic and fry for another minute. Remove the pan from the heat and stir through three-quarters of the cashew cream cheese, reserving the rest for garnish. Set the pan of sauce aside.

4. GET THE BOIL ROLLING 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.

5. COMPLETE THE SAUCE When the roast butternut is done, place in a blender with the sauce from the pan and the nutritional yeast. Blend until smooth, gradually adding 200ml of boiling water until thick, but able to be poured. You may not need to add all of the water. On completion, return to the pan and place over a low-medium heat. Gently simmer for 2-3 minutes while you cook the pasta.

6. COOK THE PASTA When the water is boiling, cook the pasta for 2-3 minutes until al dente. Fresh pasta cooks quickly, so be careful not to overcook. Drain on completion and toss through some oil to prevent sticking. Add the cooked pasta to the pan of sauce and toss to coat. Season, add a squeeze of lemon juice to taste, and remove from the heat.

7. YUM Dish up a bowl of creamy butternut pasta. Scatter over the sliced sun-dried tomatoes, the zesty panko crumb, and the remaining chopped parsley. Finish with a dollop of the remaining cashew cream cheese and side with a lemon wedge. Bravo, Chef!



Chef's Tip

Butternut is full of beta-carotene and alpha-carotene, which your body converts into vitamin A. Vitamin A is a powerful immune booster, fights free-radicals, and helps to improve eye-sight.

Nutritional Information

Per 100g

Energy	668kJ
Energy	160Kcal
Protein	6g
Carbs	24g
of which sugars	4g
Fibre	3g
Fat	3g
of which saturated	0g
Salt	0g

Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts

Cook
within 2
Days