

LOVE THY CARROT

real food made with love

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VEGAN PUMPKIN PASTA SAUCE WITH WILD MUSHROOMS

This recipe makes 2 servings

INGREDIENTS

1/2 cup raw cashews
2 cups pumpkin puree, fresh or canned
1/2 cup vegetable stock
1 tsp salt
1 cup of mixed mushroom
2 shallots, minced
2 cloves garlic, minced
1/4 tsp dried thyme
1/4 tsp dried chili flakes
pinch of salt and lots of fresh black pepper
9 oz of pasta, any variety you like
Chopped fresh parsley, for garnish
Drizzle of olive oil, for garnish

DIRECTIONS

1. Soak the cashews in hot water for 15 to 30 minutes or until soft.
2. Blend the cashews, pumpkin puree, vegetable stock and salt in a blender until smooth and creamy.
3. Cook the pasta according to the package directions and drain, saving a cup of the pasta water. Do not drain the pasta.
4. In a large non-stick pan heat the oil over medium-high heat. Add the mushroom and cook until golden brown. Remove to a plate then cook the sauce back to the pan and sprinkle with salt and pepper.
5. Add the pumpkin sauce mixture to the pan with the mushroom. Toss in the pasta, reserving some mushrooms to decorate the top. Sprinkle over some fresh chopped parsley and more salt and pepper. If the sauce is too thick add a bit of the reserved pasta water to thin out.