



Lemony basil creamy vegan pasta with broccoli & sundried tomatoes

🕒 25 min 🍽️ 4 servings

385 Kcal / serving

20g Protein 14g Fat 53g Carbs

Ingredients

- Basil, 1 cup (24 g)
- Juice of lemon, 1 tablespoons (15 g)
- Arugula, 4 oz (113.4 g)
- Olive oil, 2 tbsp (26 g)
- Garlic, 3 cloves (9 g)
- Sun-dried tomatoes, 3 ounces (85.1 g)
- Water, 1 serving (236.6 g)
- Bell pepper, 1 medium (approx 2-3/4" long, 2-1/2 dia.) (119 g)
- broccoli florets, 3 cups (273 g)
- kosher salt and ground pepper, 1 serving (0.5 g)
- kosher salt, 0.5 teaspoon (3 g)
- Chickapea organic spiral pasta, 2 portion(s) (200 g)
- Almonds, 0.3 cup (37 g)



Instructions

Bring a large pot of water to a boil. Once boiling, generously salt the water. Add in the pasta and cook to al dente, according to package directions. About 2 minutes before the pasta is al dente, add the broccoli florets to the pot to cook with the pasta as the pasta finishes cooking. Reserve 1 cup of the starchy pasta water. Drain the pasta and set aside.

Add all following ingredients to a high-speed blender. Blend until smooth and creamy. Set aside, or store in an airtight container in the refrigerator for up to 1 week.

lemon basil cashew cream sauce:

1/4 cup almonds

- 3 cloves garlic
- ½ lemon, juiced
- 1 cup packed fresh basil
- 1 cup water
- ½ teaspoon Kosher salt

Add the olive oil to a large skillet over medium heat. Once hot, add bell pepper. Season with 1 teaspoon Kosher salt and ½ teaspoon ground black pepper. Cook, stirring occasionally, until the veggies soften slightly, 3-4 minutes. Once softened, add the sun-dried tomatoes and arugula to the skillet. Cook, stirring occasionally, until the sun-dried tomatoes soften and the arugula wilts slightly, 1-2 minutes.

Once the veggies are ready, add the drained pasta & broccoli to the skillet. Pour the lemon basil cashew cream sauce over top. Toss to combine, adding a little of the reserved starchy pasta water as you go to reach your desired consistency. Taste and season additionally with salt or a squeeze of fresh lemon juice, as desired. Serve immediately. Enjoy!

Source: <https://playswellwithbutter.com/lemony-basil-creamy-vegan-pasta/>

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1539.1	134.8	384.8
Protein [g]	79.1	6.9	19.8
Fat [g]	56.4	4.9	14.1
Carbs [g]	211.8	18.6	53
Fiber [g]	27.2	2.4	6.8
Net Carbs [g]	184.6	16.2	46.2



Micronutrient summary

	TOTAL	/100 G	/SERVING
Calcium, Ca [mg]	581.1	50.9	145.3
Iron, Fe [mg]	25.4	2.2	6.4
Magnesium, Mg [mg]	571.6	50.1	142.9
Phosphorus, P [mg]	1580	138.4	395
Potassium, K [mg]	6847.6	599.9	1711.9
Sodium, Na [mg]	1394.7	122.2	348.7

Zinc, Zn [mg]	5.1	0.4	1.3
Vitamin A, RAE [ug]	422.6	37	105.7
Vitamin E [mg]	17.9	1.6	4.5
Vitamin D [ug]	0	0	0
Vitamin C [mg]	458.8	40.2	114.7
Thiamin [mg]	0.9	0.1	0.2
Riboflavin [mg]	1.4	0.1	0.4
Niacin [mg]	12.6	1.1	3.2
Vitamin B6 [mg]	2.4	0.2	0.6
Vitamin B12 [ug]	1.8	0.2	0.5
Vitamin K [ug]	560.2	49.1	140.1
Net Carbs [g]	184.6	16.2	46.2