



## Creamy Sun-dried Tomato Pasta

If you're looking for a nutritious and filling dinner the whole family will love, this creamy dreamy pasta dish is it. **The clever use of cashew nuts, almond milk and nutritional yeast creates a unique plant-based sauce that is a much lighter (but equally flavorful) version of Alfredo sauce.**

Cashews are rich in healthy fats and fibre, making them incredibly satisfying. Paired with their high antioxidant profile, cashews are anti-inflammatory and can help lower cholesterol.

The concentrated flavor of sun-dried tomatoes makes this sauce pop! Full of fibre and minerals, these meaty little morsels provide your body with nourishment while helping you to control your blood sugars.

# CREAMY SUN-DRIED TOMATO PASTA

**Serves 4:**

For the pasta:

10.5 oz. (300g) pasta of choice

½ cup (55g) sun-dried tomatoes, chopped

2 cloves garlic, minced

4 tbsp. fresh basil, chopped

¼ tsp. chili flakes

For the sauce:

1 cup (140g) cashew nuts

1 ½ cups (350ml) almond milk, unsweetened

2 tbsp nutritional yeast

2 tsp. salt

**Directions:**

1. Cook the pasta according to instructions on packaging.
2. Place the cashew nuts in a pot of water, place over a medium high heat and boil for 5 minutes. Drain the water from the nuts and transfer to a high-speed blender. Add in the remaining sauce ingredients and blend until smooth, set aside.
3. Heat a large pot over a medium heat and sauté the sun-dried tomatoes and garlic for 1-2 minutes, using some of the oil from the tomatoes. Reduce the heat to low and add the earlier made cashew nut sauce, fresh basil and chili flakes. Bring to a gentle simmer.
4. Now add in the cooked pasta and mix well to combine. Take the pan off the heat and divide the pasta between 4 bowls. Serve immediately garnished with additional fresh basil and more chili flakes.

GF DF V Q MP

Prep	Cook
5m	15m