Jessica in the Kitchen

MARRY ME PASTA (Adapted)

FOR THE CASHEW SAUCE:

- 1 cup raw cashews, soaked in hot water for at least 30 minutes
- 1 cup unsweetened plant-based milk
- 2 tablespoons nutritional yeast
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon salt, adjust to taste
- 1/2 teaspoon black pepper
- 1/4 teaspoon red pepper flakes

FOR THE PASTA:

- 12 ounces pasta of choice (fettuccine, penne, or spaghetti work well)
- 1/4 cup sherry or white wine
- 1 small onion, finely chopped
- 3 garlic cloves, minced
- 1 14-oz can diced tomatoes, drained* (see Editor's Note at end of Instructions)
- 1/2 cup sun-dried tomatoes, chopped
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried basil
- Salt and pepper, to taste
- Fresh basil, chopped, for garnish
- Vegan Parmesan cheese, for garnish (optional)

INSTRUCTIONS:

Drain the soaked cashews and add them to a high-speed blender. [Editor's Note: A regular blender or food processor will work with a longer soaking time, plus you might not get quite as smooth a result.]

Add the plant based milk, nutritional yeast, garlic powder, onion powder, salt, pepper, and red pepper flakes to the blender and puree until smooth.

Cook the pasta according to the package instructions until al dente. Drain, reserving 1 cup of pasta water, and set aside.

In a large skillet, heat the sherry over medium heat. Add the chopped onion and sauté until translucent, about 5 minutes.

Add the minced garlic and cook for another minute until fragrant.

Stir in the diced tomatoes, reserved pasta water, sun-dried tomatoes, oregano, thyme, basil, salt, and pepper.

Cook for 5 minutes, allowing the flavors to meld and the tomatoes to soften. Stir a few times to make sure nothing sticks to the bottom.

Pour the cashew sauce into the skillet with the tomato mixture, stirring well to combine. Add the cooked pasta to the skillet and toss until the pasta is fully coated with the sauce.

Taste and adjust seasoning if necessary. Serve hot, garnished with fresh basil and vegan parmesan cheese if desired.

*Editor's Note: Reserve the juice from the tomatoes for another use (soup, stew, or even adding to this sauce if you want it more.tomato-y).





Je**ssica in the Kitchen** is a photographer, videographer and home chef who went vegetarian and then vegan. She has about 600 recipes on her site. In addition she has "guides, tips and tricks." Jessica is 100% plant-based and, while she uses some processed ingredients, most recipes can be adapted.

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