

Creamy Cashew Primavera Pasta

40 MIN • SERVES 4 • VEGAN

INGREDIENTS

- 8 ounces penne or fusilli pasta
- 1 cup raw cashews, soaked and drained
- 3/4 cup unsweetened almond milk
- 2 tablespoons nutritional yeast
- 1 tablespoon lemon juice
- 2 cloves garlic
- 1 tablespoon avocado oil
- 1 zucchini, sliced
- 1 red bell pepper, sliced
- 1 cup broccoli florets
- 1 cup peas
- 1/2 teaspoon sea salt
- 1/4 teaspoon black pepper
- 2 tablespoons chopped fresh basil

DIRECTIONS

- 1 Cook the pasta according to package directions. Reserve 1/2 cup pasta water, then drain.
- 2 In a blender, combine cashews, almond milk, nutritional yeast, lemon juice, and garlic. Blend until smooth.
- 3 Heat avocado oil in a large skillet. Sauté zucchini, bell pepper, and broccoli for 4–5 minutes.
- 4 Stir in peas, cooked pasta, and the cashew sauce. Add a splash of reserved pasta water as needed.
- 5 Season with sea salt and black pepper. Top with fresh basil and serve warm.

