

CREAMY KALE PASTA

INGREDIENTS

- 1 cup cashew nuts soaked in hot water for 2 hours
- 1/2 cup broth (or more if necessary)
- 2 Tbsp nutritional yeast
- juice of 1/2 lemon
- 1 tsp oregano
- 1 tsp basil (or handful of fresh one)
- handful of fresh parsley
- 1 tsp garlic powder
- pinch of smoked paprika
- salt & pepper
- 4-5 kale leaves (stems removed)
- 2 garlic cloves
- cherry tomatoes
- Gluten free pasta of your choice

PREPARATION

1. Cook pasta in a big pot according the instructions, when ready sprinkle with olive oil so it doesn't stick and set aside.
2. In the meantime, heat a pan with olive oil, add smashed garlic cloves, kale leaves cut in chunks, a splash of broth, then cover and let it cook and soften for 10 min.
3. Drain the cashew nuts and put in a high speed blender. Add nutritional yeast, lemon juice, herbs, spices and a pinch of salt and cover with broth. Then give it a good stir until nice and smooth.
4. Add the cashew mix into the pan with cooked kale, adding more broth if necessary until you get a nice creamy sauce. At the end add halved cherry tomatoes, season with salt and pepper and combine well with the cooked pasta.