

Pasta Primavera

Swick

Serves 3 to 4 | Active Time: 40 minutes | Total Time: 1 hour

- 1 to 1 1/2 cups Cashew Béchamel
- 1 tbsp extra-virgin olive oil (omit, or use stock for oil-free)
- 2 to 2 1/2 cups sliced cremini mushrooms
- 2 to 2 1/2 cups broccoli florets
- 1 cup peas, thawed
- 1/3 cup Plant-Based Parmesan, or to taste

To start, first, make sure you have your Cashew Béchamel made. Also, bring your pot of water to a boil for the pasta.

To start the sauce, heat a large wide frypan over medium-high heat. Once hot, add the oil (if using), followed by the mushrooms. Sauté the mushrooms for a few minutes, or until they have started to release their juices and become somewhat browned.

In the meantime, you may want to think about cooking your pasta as well.

Next, add the broccoli, followed by the béchamel, and turn the heat down to medium-low. Cover the pan for a couple of minutes and let this simmer until the broccoli just barely starts to soften.

If you have timed it right, your pasta should be almost ready by now. If not, do not add the peas yet — simply remove the lid from the pan, turn the heat down to low and wait until the pasta is almost ready.

Once the pasta is only a minute from being done, add the peas and some of the Plant-Based Parmesan.

- 1 - 500 g pkg. pasta noodles
- 1 to 2 tbsp sea salt, or to taste
- 1/3 cup freshly chopped Italian parsley, for garnish
- 1/4 cup Plant-Based Parmesan, for garnish
- 1/4 to 1/2 tsp freshly ground black pepper

To cook the pasta, bring a large pot of water to a boil and then add the salt.

Cook the pasta according to the package, or until it is al dente. Once done, reserve a cup of the pasta water before you drain the pasta.

To finish the dish, pour the drained pasta into a big bowl (or back into the pot) and then add the sauce. If the sauce seems a bit too thick, add a bit of the reserved pasta water.

Taste for seasoning, adding more parmesan and black pepper as desired.

Lastly, add some of the Italian parsley and then serve — either family-style or on individual plates. Garnish with a bit more parsley and parmesan and serve immediately.