



Recipe Category / Pasta

Vegan spaghetti Alfredo

15'
Hands on

1 hour'
Hands off

25'
Cook Time

4-6
Portion(s)

1
Difficulty



Ingredients

- 100 g cashews
- 500 g almond milk
- 50 g coconut oil
- 50 g miso paste
- salt
- pepper
- 1 pinch nutmeg
- 1 cauliflower, small 400g
- 500 g spaghetti
- 1/4 bunch parsley, finely chopped
- 30 g hazelnuts, crumbled, to serve

Διατροφικός πίνακας

Nutrition information per portion

669 Calories (kcal)	31.0 Total Fat (g)	10.0 Saturated Fat (g)	71.0 Total Carbs (g)
33%	44%	50%	27%
10.0 Sugars (g)	22.0 Protein (g)	9.3 Fibre (g)	1.5 Sodium (g)
11%	44%	37%	25%

Method

- In a big **bow**l, add the cashew.
- Add water until the cashew is completely covered. Let them soak for 1 hour. Strain and set aside until needed.
- Place a **pot** over medium heat. Add the **almond milk**, coconut oil, miso paste, salt, pepper, nutmeg, cauliflower (cut in florets) and the soaked cashew to the pot.
- Simmer for 20-25 minutes until the cauliflower softens.
- Beat all of the ingredients in the pot with an immersion blender until homogenized.
- Pass through a strainer and transfer the smooth sauce to a deep **pan**.
- Boil the spaghetti in salted water following the instructions on the package (1 minute less than what the instructions say).
- Strain and keep the water in a glass in case you need it for the sauce.
- Transfer the spaghetti to the pan and mix with the sauce. If the sauce is too thick, add some of the water you kept.
- Sprinkle with parsley, crumbled hazelnuts and serve.