

# Vegan Roasted Red Pepper, Spinach and Asparagus Pasta

## Recipe

*Prep time 10-15 minutes*

*Cook time 30 minutes*

*Serves 4*

## Ingredients

- 1 medium onion, diced
- 2 garlic cloves, minced
- 2 tablespoons avocado oil
- 1 1/2 cups unsweetened coconut or dairy free milk alternative
- 2 tablespoons nutritional yeast
- 2 tablespoons arrowroot powder or cornstarch
- 1- 300ml jar roasted red peppers, drained
- 1 lb. asparagus
- 2 oz. spinach, chopped
- 4 servings Gluten free pasta (or regular pasta if desired)
- 1/2 teaspoon salt or more to taste

## Method

1. Preheat oven to 350F. Fully coat asparagus with 1 tablespoon oil and a bit of salt in a pan and cook for 15 minutes.
2. Meanwhile, dice onion and garlic. Sauté in a sauce pot with oil for 5-6 minutes until onions are translucent.
3. Add coconut milk, nutritional yeast and arrowroot powder. Whisk and bring to a boil, stirring until sauce thickens.
4. Remove from heat and add to high speed blender with drained roasted red peppers. Blend until smooth, add salt if needed.
5. Boil water with salt for the pasta. Once boiling, add pasta and cook to desired preference (5-8 minutes). Drain.
6. Combine sauce with pasta. Add chopped spinach, stir. and serve on top of asparagus. *The spinach will cook from the heat of the pasta.*